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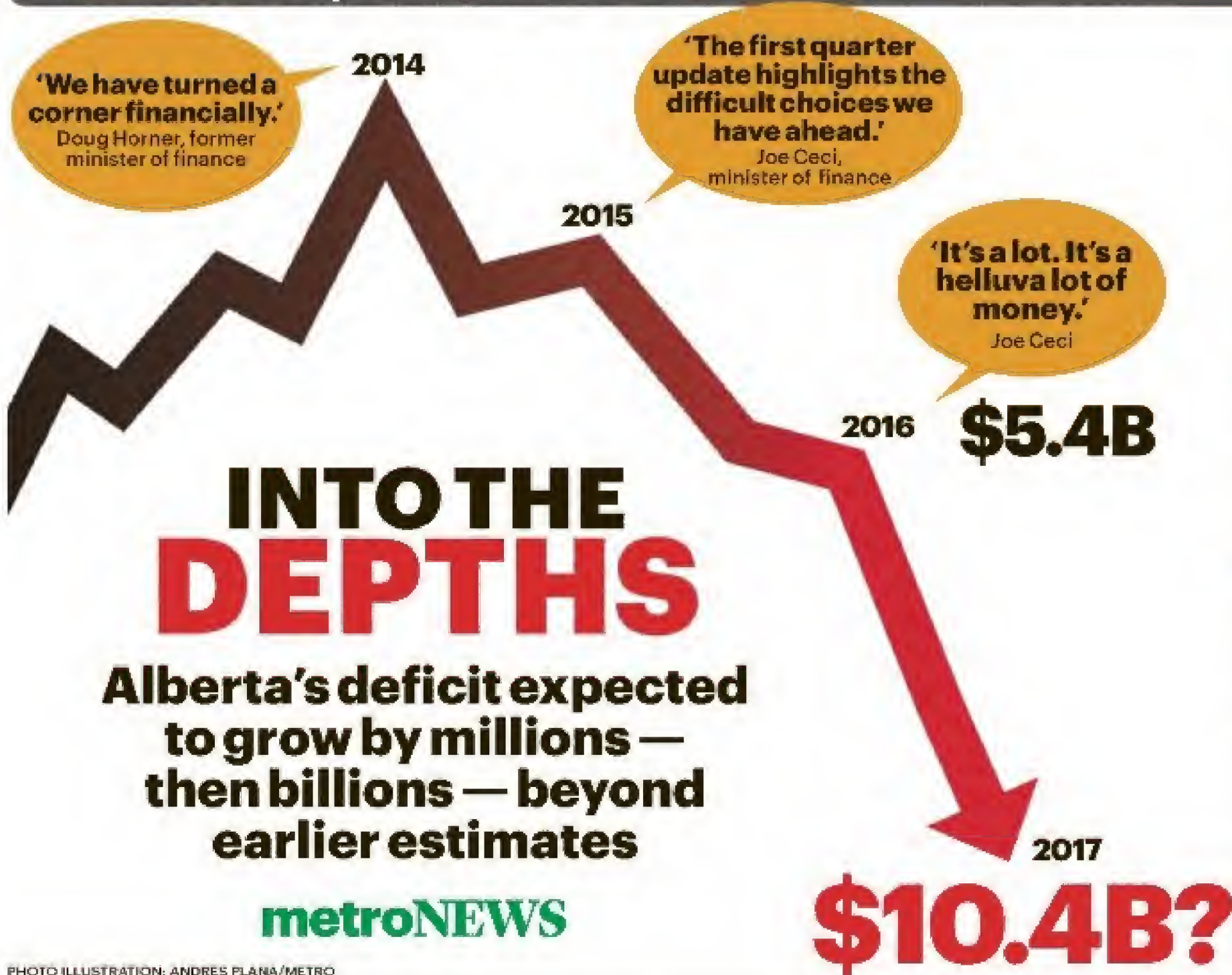


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City nixes transit info sessions

INFRASTRUCTURE

Engagement to go online



Brodie Thomas
Metro | Calgary

Mayor Naheed Nenshi pulled the plug on face-to-face public engagement on the southwest bus rapid transit (SW BRT) project Wednesday.

This after staff reported yelling, swearing, pushing, a physical assault and even a death threat during an information session in Woodbine Tuesday night.

The SW BRT became a point of contention last fall after a citizens group known as Ready to Engage started raising concerns over the project.

"For many months, a tiny group has been spreading misinformation about the project and I've tolerated it," said Nenshi.

"I will not tolerate threats, violence or intimidation against other citizens or against my colleagues."

Ready to Engage spokesman Rick Donkers said the city is using banana republic tactics to deny citizens their democratic right by halting public engagement.

"We feel this is another attempt by the city and city bureaucrats to intimidate citizens," said Donkers.

Nenshi said he personally asked for all open houses and face-to-face engagement on the SW BRT to end. The city will switch to online engagement.

"We'll have a virtual town hall where people can submit questions by text or by video and get answers in a timely fashion."

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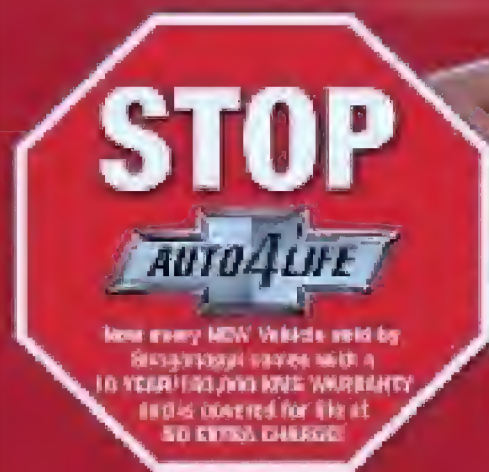


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2015 INVENTORY CLEAROUT

#55001	2015 Chev 2500 HD Silverado Double Cab 4x4	WAS \$65,605	NOV SOLD	SAVINGS \$18,607	#55410	2015 Chev 1500 Silverado C/C 4x4 REAPER Edition	Was \$100,000	NOV	\$82,888	SAVINGS \$17,112	
#57007	2015 Chev 2500 HD Sierra Double Cab 4x4	WAS \$74,480	NOV	\$56,888	SAVINGS \$17,592	#57513	2015 Chev 2500 Silverado HD C/C SLE 4x4	Was \$56,590	NOV	\$40,888	SAVINGS \$15,702
#55026	2015 Chev 2500 Silverado Double Cab 4x4	WAS \$68,745	NOV	\$52,488	SAVINGS \$16,257	#55413	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOV	\$38,888	SAVINGS \$15,077
#57042	2015 Chev 2500 Sierra Double Cab SLE 4x4	WAS \$58,365	NOV	\$41,955	SAVINGS \$16,377	#55415	2015 Chev 2500 Silverado HD C/C 4x4	Was \$82,615	NOV	\$65,488	SAVINGS \$17,127
#55085	2015 Chev 2500 HD Silverado C/C 4x4	WAS \$69,525	NOV SOLD	SAVINGS \$18,137	#55416	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOV	\$38,888	SAVINGS \$15,077	
#55095	2015 Chev 2500 HD Silverado C/C 4x4	WAS \$69,505	NOV	\$51,888	SAVINGS \$17,677	#52023	2015 Corvette Stingray Coupe 3LT	Was \$87,470	NOV SOLD	\$2	SAVINGS \$14,038
#55093	2015 Chev 2500 HD Silverado C/C 4x4	WAS \$68,935	NOV	\$51,888	SAVINGS \$17,047	#57515	2015 Chev 2500 Silverado HD SLE C/C 4x4	Was \$56,590	NOV	\$40,888	SAVINGS \$15,702
#57221	2015 Chev 1500 Sierra Double Cab 4x4	WAS \$57,675	NOV	\$44,488	SAVINGS \$13,187	#55411	2015 Chev 2500 Silverado HD C/C 4x4	Was \$54,900	NOV	\$39,888	SAVINGS \$15,102
#57222	2015 GMC 1500 Sierra Double Cab 4x4	WAS \$57,675	NOV	\$44,477	SAVINGS \$13,187	#55412	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOV	\$38,888	SAVINGS \$15,077
#57226	2015 GMC 1500 Sierra Double Cab 4x4	WAS \$57,675	NOV	\$44,488	SAVINGS \$13,187	#55418	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOV	\$38,888	SAVINGS \$15,077
#57236	2015 GMC 1500 Sierra Double Cab 4x4	WAS \$57,675	NOV	\$44,488	SAVINGS \$13,187	#55419	2015 Chev 2500 Silverado HD C/C 4x4	Was \$53,965	NOV	\$38,888	SAVINGS \$15,077
#55177	2015 Chev 2500 HD Silverado Double Cab LZ 4x4	WAS \$66,140	NOV	\$47,988	SAVINGS \$18,152	#55425	2015 Chev 2500 Silverado HD C/C 4x4 Duramax	Was \$82,615	NOV	\$65,488	SAVINGS \$17,127
#58022	2015 Chev City Express LS	WAS \$28,740	NOV SOLD	SAVINGS \$6,852	#55426	2015 Chev Silverado HD C/C 4x4	Was \$82,615	NOV	\$65,488	SAVINGS \$17,127	
#58003	2015 Chev City Express LS	WAS \$28,255	NOV SOLD	SAVINGS \$6,367	#55427	2015 Chev 1500 Silverado High Country C/C 4x4	Was \$68,380	NOV	\$54,488	SAVINGS \$13,892	
#57311	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$75,870	NOV SOLD	SAVINGS \$16,982	#57519	2015 GMC 1500 Sierra C/C 4x4, Lifted, Wheel Pkg	Was \$82,825	NOV SOLD	\$8	SAVINGS \$11,937	
#55215	2015 Chev 2500 HD Silverado C/C 4x4	WAS \$82,035	NOV SOLD	SAVINGS \$16,547	#55421	2015 Chev 2500 Silverado HD C/C 4x4	Was \$82,615	NOV SOLD	\$8	SAVINGS \$17,327	
#57318	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$75,870	NOV	\$58,888	SAVINGS \$16,982	#55428	2015 Chev 2500 Silverado HD C/C 4x4	Was \$82,615	NOV	\$65,488	SAVINGS \$17,127
#57321	2015 GMC 2500 Sierra C/C Denali 4x4	WAS \$75,870	NOV	\$58,888	SAVINGS \$16,982	#55436	2015 Chev 1500 Silverado DBL Lowered	Was \$62,056	NOV	\$48,488	SAVINGS \$13,568
#57322	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$75,870	NOV SOLD	SAVINGS \$16,982	#52032	2015 Corvette Stingray Coupe 3LT	Was \$88,230	NOV	\$74,172	SAVINGS \$14,058	
#57328	2015 GMC 1500 Sierra C/C 4x4	WAS \$57,520	NOV	\$44,388	SAVINGS \$13,132	#52036	2015 Corvette Stingray Coupe Z51, 3LT	Was \$85,120	NOV	\$71,825	SAVINGS \$13,295
#57337	2015 GMC 1500 Sierra Double Cab 4x4	WAS \$57,520	NOV	\$44,388	SAVINGS \$13,132	#52041	2015 Corvette Stingray Convert 3LT	Was \$87,490	NOV SOLD	\$10	SAVINGS \$13,800
#57291	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$75,870	NOV SOLD	SAVINGS \$16,982	#57534	2015 GMC 1500 Sierra 4x4	Was \$62,925	NOV SOLD	\$8	SAVINGS \$14,437	
#57334	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$87,040	NOV SOLD	SAVINGS \$17,052	#52119	2015 Chev Camaro LT 2LT Coupe	Was \$40,440	NOV	\$29,998	SAVINGS \$10,442	
#55241	2015 GMC 2500 HE Sierra C/C 4x4	WAS \$81,980	NOV	\$64,998	SAVINGS \$16,992	#55455	2015 Chev 1500 Silverado C/C 4x4	Was \$63,535	NOV	\$49,488	SAVINGS \$14,047
#57333	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS \$87,040	NOV SOLD	SAVINGS \$17,052	#55459	2015 Chev 1500 Silverado C/C 4x4	Was \$63,535	NOV SOLD	\$8	SAVINGS \$14,047	
#57290	2015 GMC 2500 HD Sierra C/C 4x4	WAS \$69,050	NOV	\$51,888	SAVINGS \$17,162	#52488	2015 Chev Cruze 1LS	Was \$18,370	NOV	\$11,988	SAVINGS \$6,382
#57369	2015 GMC 1500 Sierra C/C SLE 4x4	WAS \$54,955	NOV	\$41,988	SAVINGS \$12,957	#57547	2015 GMC 1500 Sierra Base R/Cab	Was \$38,210	NOV	\$30,998	SAVINGS \$7,212
#55293	2015 Chev 1500 Silverado C/C 4x4	WAS \$64,460	NOV	\$49,888	SAVINGS \$14,575	#56530	2015 Chev Canyon SLE Crew Cab	Was \$40,490	NOV	\$32,988	SAVINGS \$7,502
#52337	2015 Chev Cruze 4D 2LS Auto	WAS \$22,520	NOV	\$15,988	SAVINGS \$6,532	#55732	2015 Chev 2500 Silverado L HD C/C 4x4	Was \$59,085	NOV SOLD	\$8	SAVINGS \$16,197
#58004	2015 Chev City Express LS	WAS \$29,410	NOV SOLD	SAVINGS \$6,922	#54942	2015 Chev 2500 Savana Cargo Van	Was \$39,335	NOV	\$34,488	SAVINGS \$4,867	
#55311	2015 Chev 1500 Silverado C/C 4x4	WAS \$63,085	NOV	\$48,888	SAVINGS \$14,197	#54943	2015 Chev 2500 Savana Cargo Van	Was \$39,335	NOV	\$34,488	SAVINGS \$4,867
#56508	2015 Chev Canyon Ext/C 4x4	WAS \$40,955	NOV	\$35,888	SAVINGS \$5,067	#57557	2015 GMC 1500 Sierra Reg/C 4x4	Was \$36,910	NOV	\$29,988	SAVINGS \$6,912
#56513	2015 Chev Canyon Ext/C 4x4	WAS \$40,955	NOV	\$35,888	SAVINGS \$5,067	#56531	2015 Chev Canyon SLE Crew Cab	Was \$36,010	NOV	\$29,998	SAVINGS \$6,012
#59738	2015 GMC Acadia AWD SL1	WAS \$53,470	NOV SOLD	SAVINGS \$8,582	#59288	2015 Buick Verano	Was \$26,465	NOV	\$20,488	SAVINGS \$5,977	
#52400	2015 Chev Cruze 4D 1LT Turbo Auto	WAS \$24,205	NOV SOLD	SAVINGS \$7,017	#59289	2015 Buick Verano	Was \$26,085	NOV SOLD	\$8	SAVINGS \$6,087	
#52392	2015 Chev Cruze 4D 1LT Turbo Auto	WAS \$24,205	NOV SOLD	SAVINGS \$7,017	#54945	2015 Chev 2500 Savana Cargo Van	Was \$39,335	NOV	\$34,488	SAVINGS \$4,867	
#54129	2015 Chev HD Express Cutaway	WAS \$54,771	NOV	\$48,488	SAVINGS \$6,283	#59426	2015 Buick Encore AWD	Was \$34,110	NOV	\$26,888	SAVINGS \$7,222
#55345	2015 Chev 1500 Silverado C/C 4x4	WAS \$62,380	NOV SOLD	SAVINGS \$13,392	#59427	2015 Buick Encore AWD	Was \$32,340	NOV	\$25,488	SAVINGS \$6,852	
#52414	2015 Chev Cruze 4D 2LS	WAS \$21,070	NOV SOLD	SAVINGS \$6,382	#57577	2015 GMC 1500 Sierra DENALI C/C	Was \$73,110	NOV SOLD	\$8	SAVINGS \$15,122	
#56352	2015 Chev 2500 HD Silverado C/C 4x4	WAS \$71,835	NOV	\$55,488	SAVINGS \$16,347	#56397	2015 GMC Terrain SLE	Was \$35,915	NOV SOLD	\$8	SAVINGS \$7,027
#59252	2015 Verano	WAS \$26,465	NOV	\$20,588	SAVINGS \$5,877	#54834	2015 Chev Trax LS	Was \$21,490	NOV	\$16,688	SAVINGS \$4,802
#52415	2015 Chev Cruze 4D 1LS	WAS \$18,370	NOV	\$11,998	SAVINGS \$6,372	#54835	2015 Chev Trax LS	Was \$21,490	NOV	\$16,688	SAVINGS \$4,802
#52420	2015 Chev Cruze 4D 1LT Turbo Auto	WAS \$24,010	NOV SOLD	SAVINGS \$7,022	#56131	2015 Chev Equinox LS	Was \$28,765	NOV SOLD	\$8	SAVINGS \$6,377	
#57482	2015 Chev 2500 HD Sierra C/C SLE 4x4	WAS \$72,385	NOV	\$56,288	SAVINGS \$16,157	#56398	2015 GMC Terrain SLE2	Was \$33,689	NOV	\$26,988	SAVINGS \$6,701
#55383	2015 Chev 1500 Silverado C/C 4x4	Was \$68,000	NOV	\$53,488	SAVINGS \$14,512	#52492	2015 Chev Cruze 1LS	Was \$18,170	NOV	\$11,998	SAVINGS \$6,172
#55394	2015 Chev 2500 Silverado HD C/C High Country Duramax 4x4	Was \$83,755	NOV SOLD	SAVINGS \$17,567	#52493	2015 Chev Cruze 1LT Turbo	Was \$23,910	NOV SOLD	\$8	SAVINGS \$7,022	
#59261	2015 Buick Verano	Was \$26,605	NOV SOLD	SAVINGS \$6,117	#55747	2015 Chev 3500 Silverado HD C/C 4x4	Was \$80,605	NOV SOLD	\$8	SAVINGS \$16,317	
#55399	2015 Chev 1500 C/C High Country 4x4	Was \$66,935	NOV	\$53,588	SAVINGS \$13,347	#56674	2015 GMC Yukon XL DENALI	Was \$88,355	NOV	\$77,488	SAVINGS \$10,867
#55401	2015 Chev 3500 Silverado HD C/C High Country 4x4	Was \$83,960	NOV SOLD	SAVINGS \$17,472	#55561	2015 Chev Tahoe LZ 4x4	Was \$74,635	NOV SOLD	\$8	SAVINGS \$10,747	
#55403	2015 Chev 2500 Silverado HD C/C 4x4	Was \$74,980	NOV	\$58,488	SAVINGS \$16,492	#59337	2015 Buick Enclave 1SL AWD	Was \$57,830	NOV	\$48,888	SAVINGS \$8,942
#55402	2015 Chev 2500 Silverado HD C/C 4x4	Was \$59,300	NOV SOLD	SAVINGS \$16,412	#55754	2015 Chev 2500 Silverado HD 4x4 C/C	Was \$81,480	NOV	\$64,788	SAVINGS \$16,692	
#52042	2015 Corvette Stingray 3LT	Was \$84,700	NOV SOLD	SAVINGS \$13,245							



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Councillor wants review of women in police force

RIGHTS

Severe gender imbalance in sworn ranks, she argues



Lucie Edwardson
Metro | Calgary

A Calgary city councillor is calling for a full review of the Calgary Police Service's gender inequality amongst sworn members and senior officers.

Coun. Diane Colley-Urquhart, who sits on the Calgary Police Commission (CPC), brought the issue up to CPS Chief Roger Chaffin at Tuesday's CPC meeting.

"I've been on the commission now for nine years and I keep asking this question. When are we going to see more of a gender balance within the police service and how they're handling promotions," she said in an interview with Metro. "As we have a new chief, I want to know his strategy."

Colley-Urquhart said over the years she's heard much of the same.

"I keep hearing that there's a

problem with recruiting women into the service and when you don't have enough coming in then you don't have enough that make the higher ranks in the service," she said. "It truly is a glass ceiling and a lot of the reasons the chief gave relating to the police service are comparable to the private sector or industry — and industry seems to be doing better."

Chaffin said CPS is "acutely aware" of the ongoing issue. He said the CPS has been looking at the challenges and has also teamed up with the University of Calgary's faculty of diversity and equity to find a solution.

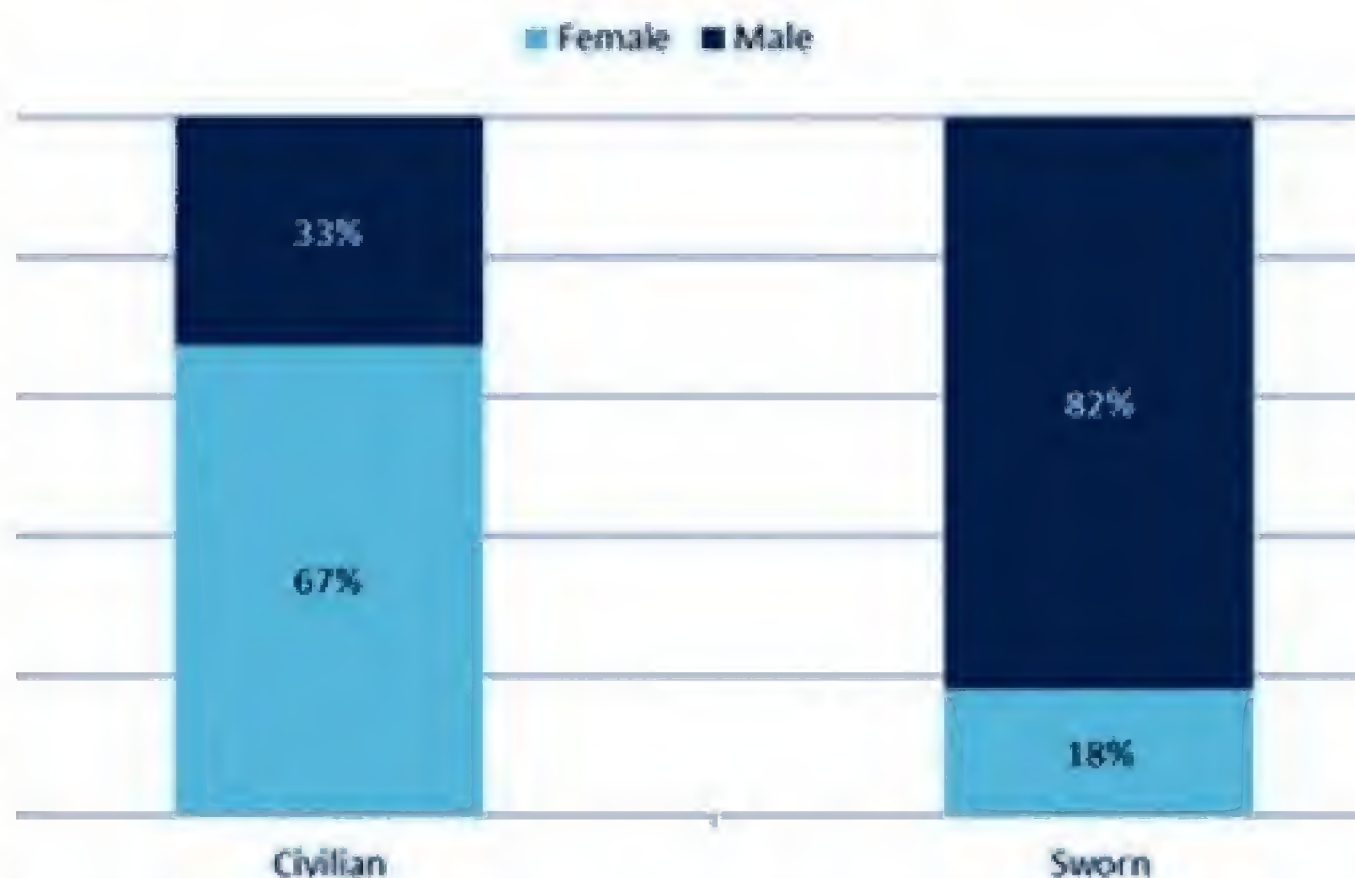
"They're trying to help us understand what is inherent in this organization that would tend to present barriers to the progression of female employees," he said.

Chaffin said the struggle CPS continually has with balancing gender in higher police ranks begins early on in female officers' careers when they are not being made available or asking for promotions to sergeant or staff sergeant.

Furthermore, Chaffin said things like going on maternity leave slow or impede this process as well and is where systemic biases tend to occur.

"A female officers gets preg-

Calgary Police Service Gender Breakdown by Employee Type
As of December 31, 2015



Eighty-two per cent of sworn Calgary Police Service members are male, while only 18 per cent are female. COURTESY CPS

nant and goes and has a baby and during that time her male counterparts are staying in the workplace and continue to move along their career trajectory," he said.

"Generally speaking that means that person is not as operational and our policies would tend to favour the more

operational person for promotion."

Urquhart said she's been pleased with Chaffin's response to her concerns and said she hasn't asked for the review to be done at a specific time.

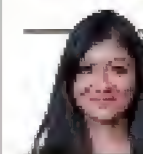
"I know the chief is dealing with a lot of emerging issues that are really top priority so I

didn't want to put a time limit on when he reports back," she said.

"I did emphasize the importance to the commission of knowing what his plan is as a new chief and I was very pleased with his comprehensive answer — he didn't blow me off."

CRIME

Dating fraud exposed



Sanam Islam
Metro | Edmonton

The pair took older men they met online out for what sounded like the perfect first date: A movie first and then an intimate evening at home.

But as Edmonton Police said Wednesday, these dates were actually frauds that led to an estimated \$80,000 stolen from older gay men in Edmonton, Calgary and Vancouver.

Mourad Aytour, 42, and Saed Teeti, 36 — both from Calgary — were arrested on Feb. 18 by the Edmonton Police Service's cybercrime unit, along with members of the Calgary Police, in two separate southwest Calgary residences. The duo face eight counts each of fraud and theft.

Police said the two men would allegedly memorize their dates' debit or credit pin codes as they purchased movie tickets.

They would then observe the codes a second time after asking their companions to refund the tickets. Later, the men would steal their victims' cards from their wallet and disappear.

Const. Chris Liew, of the cybercrimes unit, said all victims were men aged 55 and up. In Edmonton, four were defrauded of \$42,000; four Calgary complainants lost \$20,000; and up to eight complainants in Vancouver lost \$20,000.

Liew says there could be up to 20 more victims.

“Our policies would tend to favour the more operational person for promotion.” Chief Roger Chaffin



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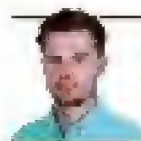
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HEALTH CARE

Doctors, province start early discussions



Jeremy Simes
For Metro | Calgary

New talks between doctors and the government could mean for a change in health-care delivery sometime this year, according to Alberta Medical Association (AMA) President Carl Nohr.

The government and the AMA have up until March 2018 to hash out a new contract.

They're having early discussions about the future of the health-care system in the interest of making progress on the formal negotiations ahead.

On the table are such things as the delivery of health-care services and physician compensation in the midst of an economic slowdown.

In 2015, the government indicated it was streamlining things to address the growing cost of health care.

In a news release, the gov-

ernment said health care spending has increased by 5.8 per cent annually over the past 20 years. It said Alberta isn't achieving the best health outcomes compared to other provinces.

Nohr said they're exploring other fee for service models — ones that could particularly affect family doctors and teachers.

The model looks at a blended capitation, which is a block of funding that deals with a

group of patients and how to best approach their care.

But there's no single model that works best for every doctor.

He said the agreement will also look at how doctors can manage costs by acting as good stewards in the system, advising patients with what's the best care for their clinical problem.

He said he's heard concerns from members who want the agreement to be maintained.



Calgary isn't the first city to have a disagreement over ride-sharing regulations with Uber. CP FILE

Uber could win the day

RIDE-SHARING

Council can look to U.S. for precedents on working it out



Helen Pike
Metro | Calgary

Uber might come back, but Calgary City Council has some work to do before the ride-share company graces the grid-city with its service.

As Mayor Naheed Nenshi said Monday, Uber's script was on point in Calgary's case, and after council approved provisions in a new livery bylaw, the ride-share company picked up and left — leaving Calgarians in its dust.

The sticking points: a mechanical inspection once a year, or every 50,000 kilometres, licensing fees for drivers, a CPS background check and costs associated with a Class 4 licence. Uber calls these barriers that would break their model, and not give riders a reliable experience.

"This is their script, it's page 347 of the script that the Uber general manager has to read, and we'll see where they go from here," Mayor Naheed Nenshi told reporters Monday.

But it appears Calgary's councillors are on a script as well. Similar brouhahas have simmered in the U.S. where jurisdictions like Kansas, San Antonio and Broward County are now welcoming the ride-share company back to their streets

after a change of heart — and legislation.

Nenshi suggested Monday these three areas came back into regulation with more onerous legislation than the City of Calgary's approved bylaw, which Uber contested in a blog post Tuesday.

In San Antonio's case, Uber took a one-year hiatus after regulations drove it out of the city. Originally provisions in the TNC agreement required fingerprinting and city-approved background checks. But with a new contract signed October 2015, drivers don't require a detailed police check outside of Uber's provided one — there's a video detailing the benefits of a volunteer background check from local police, which includes a verified check mark from the San Antonio Police on the app itself, and can be done free of charge.

In Kansas, the original Bill SB101 called the transportation network company services act was revised in 2015, weeks after it was originally drafted. The initial draft required drivers to get a local and national criminal background check conducted by the Kansas bureau of investigation and proof of comprehensive collision insurance — the bill was revised to take out those two major caveats.

No surprise in Broward County, where Uber came back shortly after a drafted bill was amended to not include an independent background check and less stringent insurance rules.

It's unclear whether Calgary follow the lead of these cities — only time will tell.

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#2151300

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CLEARANCE PRICE:

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2015 GMC SIERRA SLE DOUBLE CAB Z71

#2151302

5.3L V8, 22" CARBON EDITION, HEATED
LEATHER SEATING, NAVIGATION SYSTEM

MSRP: \$56,715

CLEARANCE PRICE:

\$44,995

FINANCE FOR
\$270 /BW

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2015 GMC SIERRA CREW CAB 4WD

#215555

5.3L V8, TRAILER PACKAGE, APPEARANCE
AND CONVENIENCE PACKAGES

MSRP: \$47,040

CLEARANCE PRICE:

\$36,995

FINANCE FOR
\$223 /BW

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2015 CHEVROLET LS DOUBLE CAB 4WD

#2151107

5.3L V8, CUSTOM EDITION, 20" ALUMINUM
WHEELS, TRAILER PACKAGE

MSRP: \$45,185

CLEARANCE PRICE:

\$34,795

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\$214 /BW

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| #215858 | 2015 CHEVROLET SONIC - LS 5DR, AUTO | MSRP \$19,745 | CASH PRICE \$15,400 |
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| #215610 | 2015 BUICK VERANO | MSRP \$25,590 | CASH PRICE \$20,995 |
| #2151057 | 2015 BUICK VERANO - LEATHER | MSRP \$32,715 | CASH PRICE \$27,495 |
| #215762 | 2015 CHEVROLET IMPALA - 2LT | MSRP \$39,360 | CASH PRICE \$32,995 |
| #2151007 | 2015 CHEVROLET CAMARO - 1LT CONVERTIBLE | MSRP \$41,305 | CASH PRICE \$33,695 |
| #215824 | 2015 CHEVROLET CAMARO - 2LT CONVERTIBLE | MSRP \$48,025 | CASH PRICE \$40,495 |

- | | | | |
|---------|-----------------------------------------------------------|---------------|---------------------|
| #215513 | 2015 CHEVROLET TRAX - 2LT AWD | MSRP \$30,615 | CASH PRICE \$25,095 |
| #215741 | 2015 CHEVROLET TRAX - LTZ AWD | MSRP \$33,765 | CASH PRICE \$28,695 |
| #215764 | 2015 BUICK ENCORE - FWD CONVENIENCE | MSRP \$29,745 | CASH PRICE \$25,900 |
| #215305 | 2015 BUICK ENCORE - AWD PREMIUM | MSRP \$37,840 | CASH PRICE \$32,995 |
| #215500 | 2015 2015 GMC SIERRA SLE 2500 - DOUBLE CAB Z71 | MSRP \$73,160 | CASH PRICE \$57,995 |
| #215398 | 2015 CHEVROLET SILVERADO - HIGH COUNTRY 2500 CREW CAB 4WD | MSRP \$84,310 | CASH PRICE \$68,995 |
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U of Calgary launches sustainability strategy

EDUCATION

Certificate to be offered in all undergrad disciplines



Helen Pike
Metro | Calgary

The University of Calgary is taking a sustainability pledge.

After a two-year review on sustainability, the University of Calgary is moving forward with strategies that will see the institution advance both education and campus practices towards being

more responsible.

A pinnacle of the strategy, a interdisciplinary sustainability certificate, was announced Wednesday.

This turning point in the school's already robust sustainability offering will give students in any field a chance to enhance their degree with the certificate.

It's available to all undergrads and is a mix of classes and hands-on experiences.

"It appeals to me because it sets us apart from other students graduating from other universities that don't have the sustainability certificate," said student Lauren Arthur.

"Sustainability right now is such a hot topic...to have some background knowledge

and do a capstone project and work across disciplines with every other year of study would set you apart."

It's hoped this focus on sustainability will help prepare students to help solve complex social and environmental challenges faced by local and global communities.

"It has direct linkages to providing students with opportunities to work on problem-based projects, and what we call applied practices of sustainability," Joanne Perdue, chief sustainability officer for the University of Calgary said.

"Sustainability is complex and it's only through that applied practice you can start to unpack some of those complexities."

The certificate will utilize existing expertise and clubs to treat the campus as a learning laboratory while partnering with nearby communities for outside-

+ COURSES

The University of Calgary offers 350 courses related to sustainability across all faculties.

There are more than 250 faculty members engaged in sustainability-related teaching or research and the university has more than 50 active, sustainability-related student clubs.

campus opportunities, even branching out abroad to practice sustainability.

Perdue said the school already holds themselves to a high standard of sustainable excellence, being a STARS gold rating University.

"Sustainability is not new to the University of Calgary," Perdue said.

"We've done good work, but we have lots more to do."

Joanne Perdue, chief sustainability officer for the University of Calgary, stands with student Lauren Arthur in the EEEL building at the University of Calgary. HELEN PIKE/METRO



Sustainability is not new to the University of Calgary. We've done good work, but we have lots more to do. Joanne Perdue



THE **DRAMA** NEVER STOPS

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7:30



PUBLIC SPENDING

Art installation draws ire of CTF

Oh sh-t. Calgary's public art has again made a mark, and not for being pretty.

The Forest Lawn Lift Station project, a wastewater lift system that was quickly dubbed the "poop palace" in September 2015, is standing out for all the wrong reasons after it was given the Teddy Award for wasteful spending in a municipality.

The Canadian Taxpayers Federation (CTF) doles out pig-shaped awards for the most wasteful government gaffs of the year.

As part of the 17th annual ceremony, Calgary made the list for a public art project CTF said tipped the scales at \$246,000.

"We're tough on all government waste, but sometimes the best way to strike a nerve is to tell some of the most absurd stories," said CTF Federal Director Aaron Wudrick.

"And sadly, the capacity for government to dream up new ways to waste money seems infinite."

The City of Calgary spent a wad of cash to light up the



The Forest Lawn Lift Station project. CITY OF CALGARY

Forest Lawn shed with LED lights that change colours depending on how fast waste water pumps through it.

"Most people would agree that our waste water is something to manage discreetly, rather than celebrated with an expensive hilltop art project," noted Wudrick.

An honourable mention for the provincial prize was given to nominees the Alberta School Boards Association for their \$41,000 expenses on an adult Easter egg hunt, off-site planning events and luxury hotel stays. METRO

PCs stand by decision to appoint candidate

CALGARY-GREENWAY

Party skips nomination meeting and names Singh



Jeremy Simes

For Metro | Calgary

Former Calgary-Greenway candidate Jamie Lall is calling the Tories' move to forgo its nominations disrespectful to the democratic process.

In the wake of what opposition parties are calling a snap byelection in the riding of Calgary-Greenway, the riding association decided to forgo Saturday's nomination selection meeting to appoint Prabhdeep Singh Tuesday night.

Along with Lall and Singh, PC candidates included Dan Sidhu and Tushar Yadav.

Lall took to twitter to say



Interim PC leader Ric McIver has no issue with the party's choice to appoint Prabhdeep Singh. METRO FILE

"there is no respect for the process here. Every other Party is having/had a nomination except one."

It was the controversial candidate's third go at running for the PCs.

He was disqualified by the

party when he sought the nod for Chestermere-Rocky View against Wildrose-turned-Tory Bruce McAllister.

He then leaked text messages that appeared to show the party was pressuring him to get out of the race. The PCs then dis-

qualified him because he did not disclose a restraining order brought against him by an ex-girlfriend in 2007.

In a statement, interim PC Leader Ric McIver said he stands by the association's decision.

"I promised the board that they would choose their candidate and that I would support their decision," he said. "And that's what's happening."

Parties are allowed to appoint nominees instead of going through a full nomination process.

The NDP nominated former radio host Roop Rai for Calgary-Greenway, and the Wildrose plans to hold its nomination on Friday, which was rescheduled from an original meeting date of March 5.

The Liberals moved their candidate selection up to Wednesday.

The byelection is set for March 22; that's 92 days after Manmeet Bhullar's death. Bhullar represented Calgary-Greenway for the PCs until he died in a car crash in November.

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A brief but horrible scare

CALGARY TRANSIT

Couple relieved upon reuniting with son, 4, who boarded train



Jennifer Friesen
For Metro

It only took a matter of seconds before Daniel and Brittnei Petke's grocery-shopping trip turned into a nightmare. On Tuesday evening, they were separated from their four-year-old son, Kayden, when he boarded an outbound Westbrook CTrain alone.

"It was a very scary moment," said Daniel.

"The door closed and there's nothing I can do. I'm slamming on the button, my son's looking right at me, yelling 'Daddy!' and I'm banging on the door yelling, 'That's my son!' It was heart-wrenching watching the train pull away, and I chased it for a moment before I realized: What am I doing? I can't chase a train."

But thanks to the fast ac-



From left: Parminder Ghuman, Daniel Petke, Brittnei Petke, Kayden Petke, Shannon Dorozio and Karey Depatie were reunited on Wednesday after a frightening separation at a CTrain station on Tuesday night. JENNIFER FRIESEN/FOR METRO

tions of Calgary Transit staff, Kayden was reunited with his parents in minutes.

"It was the longest 10 minutes of my life," said Daniel. "But it came to a very happy, very quick resolution."

Daniel quickly hit the help

phone button and was connected to Shannon Dorozio, operations supervisor for the CCTV surveillance system, who assured him she could see Kayden on the cameras.

"Hearing all the messages that he's OK — they see him

and he's happy — oh, that made me feel so much better," said Brittnei. "But I just couldn't stop crying until I had my boy in my arms again."

After hitching two train rides with the CTrain operators, Kayden hopped off the

66

It was the longest 10 minutes of my life.

Kayden's dad Daniel Petke

train with a smile and ran into his mother's arms.

"The first thing he said was, 'Mommy, I got to drive the train!'" said Brittnei.

On Wednesday morning, the Petke family returned to the Westbrook station to say thank-you to Dorozio and the two CTrain drivers who brought Kayden back to safety.

Karey Depatie and Parminder Ghuman, the CTrain drivers, each offered Kayden a stuffed animal clad in Calgary Transit uniform, as a testament to the two trains he "drove."

"He was such a happy little guy to have with us in the cab," said Depatie. "I haven't had this happen to me (before), but it's always been a concern, because when you see kids on the platform — those doors are timed — it could happen very easily."

LOTTERY

Family man wins \$1 million

A million-dollar lotto win will help one lucky Calgary man bring his family to Canada sooner than he had planned.

Yemi Folarin had always told his friends that he would win big on the lottery one day, and with his purchase of a Lotto Max ticket in northeast Calgary at the end of January, Folarin did just that.

Folarin won \$1 million in one of the 23 Maxmillions draws in the Jan. 29 Lotto Max draw. "This will help me bring my family to Canada much sooner than I had thought," he said in a prepared release from the Western Canada Lottery Corporation. "Winning the lottery is a dream come true."

METRO



Yemi Folarin. CONTRIBUTED



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ZOOM-ZOOM



Alberta Finance Minister Joe Ceci gives a third-quarter fiscal update in Edmonton.
AMBER BRACKEN/THE CANADIAN PRESS

Alberta expecting \$10-billion deficit

ECONOMY

'It's a helluva lot of money:' Ceci says oil prices sliding

Alberta Finance Minister Joe Ceci says the prolonged cratering of world oil prices is expected to saddle his province with a \$10.4-billion deficit in the next budget.

"It's a lot. It's a helluva lot of money," Ceci admitted at a legislature news conference Wednesday.

"That is simply the reality of our circumstances."

In last fall's budget, the province projected a \$5.4-billion deficit for the 2016-17 fiscal year. Ceci said the new \$5-billion figure would be on top of that.

"This is the steepest and most prolonged slide in oil prices in recent history, dropping more than 70 per cent in the last year and half," he said.

\$170M

The benchmark price for oil has fallen from a high of more than \$100 US a barrel in June 2014 to around \$30 US today. Every \$1 drop in the average price of oil over the course of a year drains \$170 million from Alberta's coffers.

"Projections for a quick recovery have proven wrong. This is a once-in-a-generation challenge."

Oil and gas have long been the mainspring of Alberta's economy, delivering multibillion-dollar surpluses earlier this decade.

Ceci also said he can no longer promise to balance the books by 2020 and added he can't set a new target date for when that might happen.

He emphasized the province will stick to its plans to avoid cuts in front-line jobs

and critical services, to find savings where possible and to take on debt to create jobs in the construction of roads, schools and hospitals.

"We won't respond with knee-jerk cuts to make a bad situation even worse."

The government won't create new taxes, increase existing ones or introduce a provincial sales tax, he said. Nor are there plans to use any of the \$19-billion in the Heritage Savings Trust Fund to reduce some of the red ink.

Alberta is now almost \$19 billion in debt. Most of that money is being used for capital projects. The plan is to continue borrowing in the coming years to pay for capital and, if necessary, operating costs. The debt by decade's end had already been projected to hit almost \$48 billion, but that was before Ceci's \$5-billion bombshell Wednesday.

Ceci said the 2016-17 budget is to be introduced in early April, but he wouldn't give a date. THE CANADIAN PRESS



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IMPORTANT: The eTA does not apply if you are a Canadian permanent resident travelling internationally. You will still need your permanent resident card to board your flight back to Canada.



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Doctors grappling with assisted death

ALBERTA HEALTH

Time to discuss practical ways to meet patient requests: MD

The president of the Alberta Medical Association says it's time for physicians in the province to focus on how they will deal with patients who

want help to die.

Dr. Carl Nohr says the Supreme Court has ruled that assisted death is a patient's right by law, regardless of individual opinions.

Nohr says some may want to continue debating the morality of the law, but physicians must look at how they will treat patients compassionately.

The Supreme Court has given the federal government

until June 6 to come up with a new law that recognizes the right of consenting adults enduring intolerable suffering to seek medical help in ending their lives.

The Alberta Medical Association is to hold meetings next month to discuss practical ways on how physicians are going to meet such requests.

Nohr says he believes there will be enough doctors in Alberta who will be willing to

“Physicians who do not wish to participate will not hinder patient access.”

Dr. Carl Nohr

help, so that no doctors will have to do so against their will.

“With respect to the objections of individual physicians, I am confident that a sufficient number of physicians will be available ... without any need to override an individual physician's conscience,” Nohr wrote in a letter sent to association members Wednesday.

“Respecting the choice of physicians who do not wish to participate will not hinder patient access.”

Nohr said the March meet-

ing is to include presentations by the College of Physicians and Surgeons of Alberta, the Canadian Medical Association, Alberta Health Services and the Alberta government.

Alberta Health Minister Sarah Hoffman has said the province will consult with the public about assisted death. The province is expected to announce details of the consultation in the coming days.

THE CANADIAN PRESS



Ezra Levant has not practiced law in years. THE CANADIAN PRESS FILE

RESIGNATION

Columnist battles ‘quirk in our law’

Outspoken political columnist Ezra Levant says he wants the Law Society of Alberta to allow him to resign without any blemishes or findings of inappropriate behaviour on his record.

Levant was scheduled to face a week-long disciplinary hearing in front of the Law Society beginning next week. But Levant says he will now be represented by his own lawyers at a resignation hearing instead.

The case centres on a March 2014 column headlined, “Next stop, crazy town,” in which Levant criticized the Alberta Human Rights Commission's handling of a case involving a Muslim man who claimed discrimination when he was fired from his job as an electrician in Edmonton. The column ran in the Calgary Sun and its sister Sun newspapers across the country.

The law society citations allege comments Levant made in the column were “inappropriate and unbecoming” for a lawyer and violate the Law Society of Alberta's code of conduct.

Levant said in a telephone interview from Stockholm on Wednesday that he will not attend next week's hearing but would like the case to go away

once and for all.

“Twenty-six nuisance complaints have been filed against me over the past eight years, 26, and every one of them that has been considered has been dismissed. So that's 24 out of the 26 and there are two more that are outstanding and they're junk complaints,” said Levant, who no longer lives in Alberta and hasn't practised law in 13 years.

“We are applying to have these thrown out and then

“

Twenty-six nuisance complaints have been filed against me over the past eight years.

Ezra Levant

I'm going to resign. You can't actually resign from the law society without their permission, which is a little quirk in our law,” he added.

A law society official who initially reviewed the complaint dismissed the allegations stemming from the column, ruling that Levant wasn't acting in his capacity as a lawyer at the time.

He said Levant was acting as a journalist and it was his view there was no reasonable prospect that a hearing panel would find his conduct breached the code of conduct.

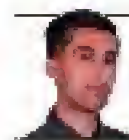
That position was overturned seven months later after the complainant, an Edmonton lawyer who worked for the Human Rights Commission, appealed. THE CANADIAN PRESS



Working alone, together

ENTREPRENEURSHIP

Joint office spaces let you move a startup out of home



Aaron Chatha
Metro | Calgary

Calgary entrepreneurs are ditching the garages and pyjamas for co-working spaces, where they can work and collaborate among other entrepreneurs sharing the space, but each working on their own projects.

Erynn Lyster, owner of the Commons co-working space, said members pay a monthly fee with no ongoing commitments and are given a space and access to board rooms, Wi-Fi, a kitchen, printer paper — the basics they need to launch their business. But Lyster believes the biggest asset they offer is community. “Having a desk and some Wi-Fi is great, but if you’re not chatting with the people beside you, it’s not much better than being in your pyjamas at



Sonja Bronstein and Jordan Domoslai show the Assembly co-working space — where, Bronstein said, entrepreneurs are given a collaborative space to pursue their dreams. AARON CHATHA/METRO

home,” she said.

Lyster said the learning curve is less steep when you can chat with the person down the aisle over coffee, and bounce ideas about each of your projects.

At co-working spaces, although you’re sharing resources, you’re still your own boss. So you can wear pyjamas all

day to the office, if you really want to.

This model has seen an explosion of popularity, said Lyster.



If you’re not chatting with the people beside you, it’s not much better than being in your pyjamas at home.

Erynn Lyster of the Commons co-working space

Three years ago, the space was only 2,000 square feet — now it has wrapped up its fifth expansion and takes up 13,000

square feet.

The Assembly co-working space in Kensington started with a section of one floor four years ago and now takes up more than 20,000 square feet.

“As we see the economy shift from oil and gas, we’re really hoping there will be more people interested in following a different career path,” said Assembly manager Sonja Bronstein. She said now is the time where people who had an idea years ago and kept putting it off, but have recently found themselves without employment, are finally starting those businesses.

Bronstein said co-working spaces are becoming popular because it gives startups a place to grow — their biggest team in the building is 17 people.

Alex Putici of Work Nicer is the new co-work kid on the block — it’s been around only since December, but already his space is filling up.

“There’s less risk, lower startup costs, more productivity and having a space gives them credibility,” he said, adding that by the end of the year, they’ll likely have a waiting list.

IN BRIEF

City 15th-best employer

The City of Calgary is an attractive employer, according to a new list from Forbes.com of top Canadian companies.

The city ranked 15th in a list of 250 companies across 25 industries in Canada. More than 8,000 Canadian workers were contacted anonymously, without the involvement of their employer, for the Forbes.com survey.

METRO

A year for injuring cyclist

A man who hit and seriously injured a bicycle-riding teen has been sentenced to 12 months behind bars.

Eric Petty, 26, had previously pleaded guilty to guilty to refusing to provide a breath sample.

A charge of dangerous driving causing bodily harm was dropped.

The crash in July left 17-year-old Dery Wang in a coma for two months.

The Crown told court that Wang has trouble recognizing simple sentences and has trouble speaking. THE CANADIAN PRESS

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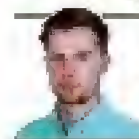
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Miss Fortune smiles on cinema couple

NOW PLAYING

Okotoks man, wife co-star and produce



Jeremy Simes
For Metro | Calgary

It just felt right for Ryan Scott and his wife, Jeannette Soussa, to star in and produce a movie.

Scott, from Okotoks, plays Jack in *A Date With Miss Fortune*, a Toronto-shot rom-com that's seen so much success that Cineplex decided to pick it up, screening it across the country.

It premiered in Calgary last weekend and is set to run until March 1 — for now.

The couple has been married for about 13 years. For the past four, they've been doing all the heavy lifting to create the flick. "It's been a wild ride," Scott

said. "But it's rewarding to see the reactions from the audiences. What validates our journey is hearing the laughter people have when they watch it."

Scott performed on the main stage in Okotoks high school. He then jetted for York University to study theatre, dabbling in acting and comedy writing.

It's where he met Soussa and her loud Portuguese family.

A Date With Miss Fortune also involves a loud Portuguese

family, making for quite the interesting relationship.

"It was a collection of funny stories over the years, and we made note of it," he said. "There's comedy in truth, so we stuck to it."

They scouted some A-listers, but the budget got in the way.

"Getting Ashton Kutcher and Mila Kunis was very expensive," he said. "So we had to play those roles, which probably worked out for the best."



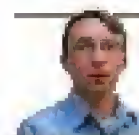
Jeannette Soussa and Ryan Scott CONTRIBUTED



Rita Reddy's cousins sent her photos of the damage caused by the cyclone. CONTRIBUTED

CYCLONE WINSTON

Raising the roof, and funds, for Fiji



Brodie Thomas
Metro | Calgary

When Cyclone Winston made landfall in Fiji on Saturday night, Rita Reddy was on edge.

The Calgary woman's parents came from the island nation, and most of her extended family still lives there.

One of her cousins who still has electricity has been traveling to rural areas to check on family members and the villages where they live.

Reddy said everyone she knows survived the storm, but their homes were seriously damaged.

"My uncle, he lost two roofs. Another aunt, she lost her roof — but it sounds like they've been able to get a makeshift roof in place," she said.

Rita said her own family

is feeling the effects of the economic downturn. They're sending what they can, but she also decided to start a crowdfunding web page for her extended family.

The goal is \$5,000; in just a few days, she has already raised \$700. She said it won't take much to get them back on their feet because of the exchange rate.

"Our money goes so much further there," said Reddy.

Reddy's crowdfunding campaign can be found by visiting chuffed.org and searching for her name.



My uncle, he lost two roofs. Another aunt, she lost her roof.

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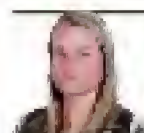


The Calgary Dream Centre has launched its first-ever women's program. CONTRIBUTED

A Dream space to empower women

COMMUNITY

New initiative serves those facing violence and addiction



Lucie Edwardson
Metro | Calgary

For 12 years the Calgary Dream Centre has been offering their services to vulnerable men in Calgary, and now, they've expanded their services to women.

Heather Erlen, lead of the brand new Women's Initiative and teacher of their Holistic Wellness Curriculum at the Dream Centre, said the program is constructed to serve as an intersection to women recovering from addiction and escaping domestic violence.

"It's skill-building, motivational and culturally engaging," she said. "I've designed the program to be utilized to enable a holistic wellness model

for women to be empowered and really strive towards their dreams and aspirations."

Erlen, who double majored in women's studies and political science from the University of Calgary, said her personal life experience, as well as being a member and president of the Women in Leadership club at the U of C and volunteering at the Calgary Women's Emergency Centre, led her down this career path.

"I came to realize just how multifaceted the problem is when we're looking at discrimination women still face in our society today," she said. "What I began to work in in university is a healthy relationships curriculum that has eight different modules."

She said although they're keeping the modules private, it speaks towards spirituality. "We don't push religion

ECO-MINDED

Erlen said the program also has a big focus on environment. "We're going to grow our own fruits and vegetables, we want to hang our clothes to dry in the summer and we're also taking part in various local initiatives like clean a park with the City of Calgary," she said.

here, but for a lot of our ladies connecting with God or with what they define as a collective energy that they pray to is really important in staying sober and in their recovery," said Erlen.

She said there are currently nine women in the Women's Initiative, with space for up to 12. The women all live together in a home owned by the Dream Centre, and the address is kept private to protect the women.

The Dream Centre is hosting an open house for the Women's Initiative Feb. 26 at 1 p.m. at 4510 Macleod Trail South.



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Defence staffer sets the record straight

FOOD

Edits Caramilk Wikipedia page to correct status to 'candy bar'

Someone in the Department of National Defence (DND) is a real stickler when it comes to sweets.

A Wikipedia page for the

Cadbury Caramilk bar was anonymously edited by a computer with a DND Internet Protocol address, according to the Twitter handle Government of Canada Edits. The edit corrected the erroneous information that the confection is a chocolate bar.

On the Cadbury Caramilk page, the word "chocolate bar" was changed to "candy bar," and "chocolate exterior" was clarified to reflect that it is

merely "chocolate flavoured."

The account @gccaedits automatically tweets whenever somebody edits a Wikipedia page from a list of known Canadian government IP addresses.

"The Caramilk bar does not meet the legal definition of a

chocolate bar in Canada due to the use of vegetable oils in production," wrote the anonymous DND editor in a note about the revision.

"This probably extends to the U.S. as well, where it would have to be labelled as choco-

latey or 'made with chocolate.' Edited the description to reflect 'candy bar,' instead of chocolate bar, rather than describe the difference."

The Canadian Food Inspection Agency (CFIA), which oversees food labelling rules, is very particular about what can and can't be called "chocolate."

Division 4 of the Food and Drug Regulations specifies that chocolate shall be made only with cocoa butter.

Once vegetable oil is added the foodstuff becomes "chocolate-flavoured," not pure "chocolate."

"Compound coatings, which are products having the appearance, but not the composition of, chocolate, are often used as an outside layer or coating for biscuits, candy and frozen confections or as chips within baked goods," says a guidance document published on the CFIA website. TORSTAR NEWS SERVICE



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POLITICS

Conservative pushes for electoral reform

The Conservatives' former national campaign director is helping to spearhead a push to bring proportional representation (PR) to Canada — despite his own party's apparent aversion to changing the current first-past-the-post electoral system.

Guy Giorno acknowledged that some Conservatives fear proportional representation would disadvantage their party and that it would be crazy to support it.

But he said it doesn't really matter whether it's good or bad for parties or politicians.

"The blunt answer is that I and other individuals and organizations are supporting this because it's right for Canadians, not because it favours or disfavors particular politicians," Giorno said in an interview.

"What other argument is there? Why would one object to making our elections fairer, more democratic, more rep-



It's right for Canadians.

Guy Giorno

resentative just because they don't work for the politicians?"

While such a dramatic change in the electoral system would require the Conservatives and other parties to adjust their strategies and modes of campaigning, Giorno predicted they'd all eventually adapt.

Giorno, who also served as chief of staff to former prime minister Stephen Harper, said he's been a longtime advocate of PR. And he is now a member of a new, multi-partisan group that is launching Thursday to push for PR, in which a party's share of the seats in the House of Commons would reflect its share of the popular vote.

THE CANADIAN PRESS

IN BRIEF

Dead dolphin washes ashore

Researchers say a third tropical animal has found its way to a cold British Columbia beach this winter. This time, the rarely seen Risso's dolphin was found dead on a Haida Gwaii beach, far away its typical warm waters. There was no obvious cause of death.

THE CANADIAN PRESS

Charges laid in stabbings

A teen girl who allegedly moved through the halls of her high school brandishing knives and wounding seven people is now facing 15 criminal charges, police said Wednesday. Charges were laid 24 hours after the stabbing at Dunbarton High School in Pickering, Ont.

THE CANADIAN PRESS



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PALM TAROT ENERGY READINGS



A Federal Court judge has struck down the new medical marijuana regulations put in place by the Conservative government in 2013, finding the rules are unconstitutional. ISTOCK

Court gives green light

REGULATION

Ruling allows medical pot users to grow own cannabis

Neal Hall
For Metro

A Federal Court judge has struck down the new medical marijuana regulations put in place by the Conservative government in 2013, finding the new rules are unconstitutional. But Judge Michael Phelan has decided to suspend striking the ruling for six months to allow the federal government to craft new regulations.

The landmark ruling means that the four B.C. plaintiffs in the case, heard in Vancouver

last year, will be able to continue growing their own medical marijuana.

The new regulations were brought in by the Conservative government, forcing medical pot users to buy their marijuana from a commercial grower.

Neil Allard of Nanaimo, B.C. and three other users launched their constitutional challenge two years ago, arguing buying from commercial growers is more expensive and made

them choose between their health or their liberty, as they faced possible jail time, if they continued growing their own.

The court had previously granted an injunction against the new medical marijuana regulations, allowing the plaintiffs to continue growing their own until a final ruling in the case.

That injunction will remain in place for the next six months.

DISTRIBUTION

Pharmacies best bet for patients: Expert

Pharmacies are best equipped to dispense medical marijuana given their expertise in prescription drug management, says a national group that represents some of the country's biggest drugstores.

"(Our) members are really in the right position to manage the distribution and patient access," Allan Austin, a spokesman for the Neighbourhood Pharmacy Association of Canada, said Wednesday.

"Pharmacists are experts in medication and medication management. Our members have the systems and processes in place to manage medications including monitoring, tracking usage, being aware of drug interactions."

The association's members include London Drugs, I.D.A.

and Rexall.

Shoppers Drug Mart also weighed in on the issue Wednesday with a similarly phrased statement.

"Pharmacists are medication experts and play a significant role in the dispensing and monitoring of medication to ensure safe and optimal use," company spokeswoman Tammy Smitham said in an email.

"We believe that dispensing medical marijuana through pharmacy, like other medications, is the safest option."

Canada's largest drugstore chain made the comments after the Globe and Mail, citing unnamed sources, reported that Shoppers is looking at the possibility of selling medical marijuana. THE CANADIAN PRESS



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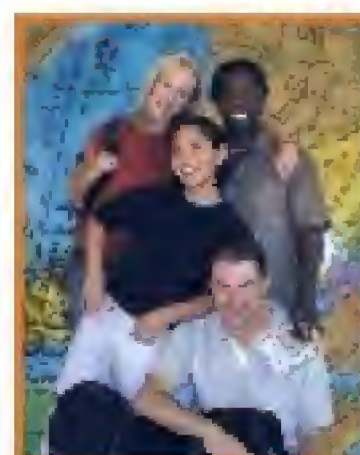
+ FORMER POLICE CHIEF WEIGHS IN

Canadian laws on marijuana remain on the books and must be upheld and enforced even though the government plans to usher in legalization, former Toronto police chief and Liberal MP Bill Blair said Wednesday. "The laws that currently exist, exist in this country and we are a ... nation of laws," Blair said at an open Senate Liberal caucus meeting.

THE CANADIAN PRESS



Bill Blair THE CANADIAN PRESS



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Speaker leads fight to keep Gitmo open

GUANTANAMO BAY

Claims Obama won't succeed in plan to close prison in Cuba

The leader of the House of Representatives, Speaker Paul Ryan, said Wednesday that Republicans are taking legal steps to stop President Barack Obama from closing the U.S. prison at Guantanamo Bay, Cuba, a day after the president unveiled his plan to shutter the facility and move terror suspects to the United States.

Ryan said lawmakers have the votes to block Obama's plan in Congress and enough votes to override any veto. Separately, the Republican leader said his party is "preparing our legal challenge" to ensure the prison remains open and detainees aren't moved to the U.S.

Earlier this month, House Republicans awarded the Jones Day



Dawn arrives at the now-closed Camp X-Ray at Guantanamo Bay Naval Base in this 2013 photo. THE ASSOCIATED PRESS FILE

law firm with a \$150,000 contract to perform the legal work in case Obama tries to move Guantanamo detainees to federal prisons.

"These detainees cannot come to American soil," Ryan said.

Obama has pushed to fulfil

a 2008 campaign promise and close Guantanamo, arguing that the facility is a recruitment tool for terrorism worldwide and opposed by some allies. The president has faced strong opposition in Congress, where Republicans and some Democrats

maintain there is no alternative and argue they don't want these terror suspects transferred to U.S. prisons, even maximum security facilities.

Under Obama's plan, roughly 35 of the 91 current prisoners will be transferred to other countries in the coming months, leaving up to 60 detainees who are either facing trial by military commission or have been determined to be too dangerous to release but are not facing charges.

Those detainees would be relocated to a U.S. facility.

Ryan said Obama's plan flouts a long-standing ban annually passed by Congress that blocks the president from transferring Guantanamo detainees to U.S. soil.

"If the president proceeds with knowingly breaking the law ... he will be met with fierce bipartisan opposition here in Congress and we are taking all legal preparations necessary to meet with that resistance."

THE ASSOCIATED PRESS

MASS MURDER CHARGE

Kalamazoo accused owned guns legally

A man accused of randomly killing six people in Michigan had a personal cache of weapons that included handguns and long guns, but there was nothing in his past that prevented him from owning as many guns as he could afford.

Authorities seized the gun collection after the weekend attacks around the Kalamazoo area. With no criminal history or record of mental illness, Michigan residents who follow requirements can legally acquire any number of firearms.

"He was a law-abiding citizen up until he pulled the trigger on the first victim," said Jona-

than Southwick, owner of a gun store near Kalamazoo.

Southwick said Jason Dalton bought a jacket with an inside pocket designed for a handgun Saturday, just hours before the rampage. He did not buy a gun.

"He talked with my manager for a bit, was laughing and joking a bit, gave him a one-armed hug — then proceeded to purchase the jacket," Southwick said.

Dalton, 45, is charged with murder and attempted murder. He's accused of killing six people and injuring two more outside an apartment building, a restaurant and a car dealership. THE ASSOCIATED PRESS



People attend a vigil for shooting victims Tyler and Richard Smith on Tuesday at Mattawan High School. THE ASSOCIATED PRESS

OUTBREAK

Cuba's Zika virus battle 'inadequate'

Olive-clad soldiers are going door-to-door across Cuba, filling houses with mosquito-killing fog in a nationwide mobilization to keep the Zika virus out of one of the last countries in the hemisphere without it.

President Raul Castro announced this week that he was throwing 9,000 military personnel and hundreds of police into what he called Cuba's "inadequate" fight against the mosquito that carries the virus linked to birth defects and paralysis elsewhere in Latin America.

"Our people will know how to demonstrate their ability to organize and maintain the public health achievements of the revolution and prevent

our families from suffering," Castro declared. "We must be more disciplined and demanding than ever before."

Castro's call to action included an unusual admission of deficiencies in Cuba's vaunted free neighbourhood-level health-care system, which has suffered in recent years from lack of equipment, short-staffing and low morale among poorly paid state health workers.

It was also a test of the communist government's oncelongstanding ability to marshal the entire country behind efforts ranging from civil defence to bigger sugar harvests to disease prevention.

THE ASSOCIATED PRESS



A member of the Cuban army gets ready to fumigate against the Aedes aegypti mosquito in Havana. YAMIL LAGE/AFP/GETTY IMAGES

IN BRIEF

Two suspended sentences for Cologne attacks

Two men were convicted of theft and given suspended sentences Wednesday in the first trials for New Year's Eve crimes in the German city of Cologne. A third suspect was convicted under juvenile law and put on probation. The spate of thefts and assaults on women were blamed largely on foreigners.

THE ASSOCIATED PRESS

Personal reasons behind Regeni's killing: Egypt

Egypt's Interior Ministry says investigators believe that "personal reasons" were behind the torture and murder of the Italian student Giulio Regeni, whose body was found in Cairo this month, over a week after he went missing.

THE ASSOCIATED PRESS

Teens testify Kareem spoke about killing non-Muslims

Two teenage boys testified Wednesday at a terrorism trial in Phoenix, saying defendant Abdul Malik Abdul Kareem befriended them and repeatedly talked about how he wanted to kill non-Muslims at a Prophet Muhammad cartoon contest in Garland, Texas, last year. THE ASSOCIATED PRESS

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REPUBLICAN RACE

Trump building up steam

Donald Trump's campaign for the Republican presidential nomination is building a momentum that may sweep away challenges by Florida Sen. Marco Rubio and Texas Sen. Ted Cruz, with his crushing win in the Nevada caucuses marking a third straight victory in state contests.

Rubio captured second place with fewer than 2,000 more votes than Cruz as final vote totals were reported Wednesday morning.

Trump, the billionaire New York businessman, now can claim victories in the West, the South and Northeast — a testament to his broad appeal among voters frustrated with the political establishment. His rivals are running out of time to stop him.

On Wednesday, Trump won his first endorsements from sitting members of Congress, with Reps. Duncan Hunter of California and Chris Collins of New York announcing they are backing him for the Republican presidential nomination.

"We're winning, winning, winning the country," Trump declared Tuesday.

"Soon, the country is going to start winning, winning, winning."

THE ASSOCIATED PRESS



Donald Trump

THE ASSOCIATED PRESS

Austria, Balkan nations want stop to migrant flow

IMMIGRATION

Tensions rise as EU countries asked to share refugee burden

Overwhelmed by a wave of refugees and what they call indecision in the European Union, Austria and its southern neighbours along the Balkan migrant route agreed to tighter border controls at a meeting Wednesday — and warned that sooner or later they will have to shut their doors entirely.

Greece, the first point of land-

ing for most of the migrants arriving by boat from Turkey, was not invited to the meeting and responded angrily by threatening to block decisions at a forthcoming EU migration summit if sharing of the refugee burden is not made obligatory for member states.

The EU has set up a scheme to share 160,000 migrants arriving in Greece and Italy. Even that would be only a fraction of the total numbers, but so far, barely 600 people have been relocated, and only some EU partners have offered places for them — fewer than 5,000 spots in all.

Prime Minister Alexis Tsipras said that from now on Greece

"will not assent to agreements" unless all its partners in the EU are forced to participate proportionately in the relocation and resettlement of refugees. A senior government official, who spoke on customary condition of anonymity, clarified that Tsipras was specifically referring to a March 7 summit on immigration.

Tsipras lashed out at EU member states that "not only erect fences on their borders but at the same time do not accept to take in a single refugee."

Austria has recently capped the number of asylum-seekers it will accept daily at its borders to 80, and limited the number of

refugees it will let pass through the country. That has led to more border restrictions being introduced further south, hurting countries along the route, including Greece.

Playing off warnings that the restrictions will lead to disastrous accumulations of refugees on borders along the route, Austrian Interior Minister Johanna Mikl-Leitner called for "a chain reaction of reason."

"We need measures that lead to a ... a domino effect. We must reduce the flow of migrants now," she said. "Because the refugee question can become a question of survival for the European Union." THE ASSOCIATED PRESS

+ CALAIS

Mass evictions ordered

The clock is ticking for hundreds of migrants in the city of Calais waiting for a judge to decide whether to postpone an eviction order. The court ruling on the question says that the decision could come on Thursday, two days after the deadline expired for the state-ordered mass evictions. Authorities say the order concerns 800 to 1,000 migrants.

THE ASSOCIATED PRESS



An Afghan woman holding her son reacts as they arrive with other refugees and migrants from the Turkish coast to Mytilene, Lesbos island, Greece. The International Organization for Migration said more than 102,500 people had crossed into Greece since Jan. 1 and another 7,500 had streamed into Italy — numbers that weren't reached last year until June. MANU BRABO/THE ASSOCIATED PRESS

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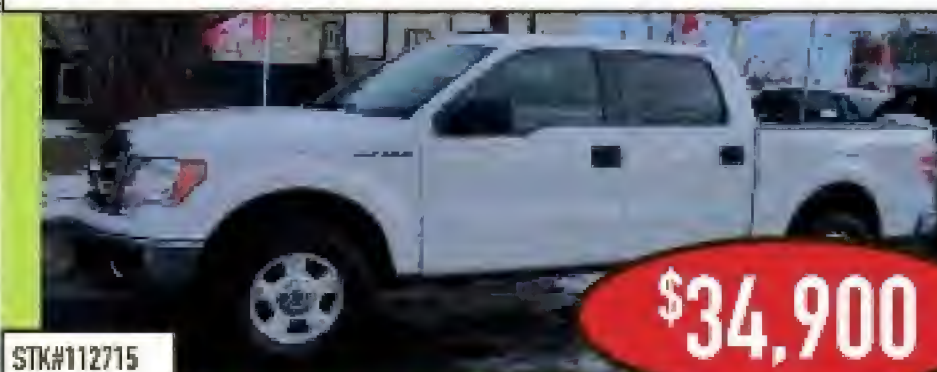
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Business **metr NEWS**

Express yourself

Facebook's emoji update covers your 'likes,' 'loves' and every emotion in between

It was bound to happen. The trusted "Like" thumbs up is no longer cutting it. After testing five new reactions with Facebook users in Ireland, Spain, Chile, Portugal, the Philippines and Japan for, well, their reactions, Facebook is now rolling out the expanded emotions globally.

The social-media network chose to offer more nuanced reactions — "love," "haha," "wow," "sad" and "angry" — alongside "like" — to give users "greater control over their expressivity," says Julie Zhuo, Facebook's product design

director.

Facebook went through comments on friends' posts, as well as emoji-like stickers people were using. It chose the most common ones and tested those. They considered dozens of reactions — but offering them all would have been confusing. Think of having to flip through pages and pages of emojis: Do you want one wink, a tear, a full frown or a half frown?

Facebook ultimately chose these six reactions for their universal appeal — something that could be understood around the world. Even a generic happy face "was a little bit ambiguous and harder for people to understand," Zhuo says.



Each reaction comes with an animated emoji, such as the thumbs up for "like" and a heart for "love." These emojis will look the same around the world, but phrases such as "love" will be translated.

Torstar News Service tested out a few run-of-the-mill Facebook posts and how reactions can evolve.

1 Sad

The situation: Your friend says his beloved cat has died.



Old school: It would be strange to "Like" that post. You want to offer your support, but a comment is the only means to do so. You should text him, too, by the way.

New school: Click the "Sad"

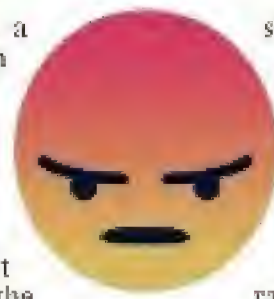
icon and add a comment with your condolences if you were particularly close with the departed. You should still text your friend, by the way.

2 Wow

The situation: Your sibling posts some adorable photo of your niece's birthday.

Old school: You "Like" the post, but deep inside you know it's an inadequate reflection of your joy. Man, she is so cute.

New school: Click the celebratory "wow" icon (as in, "Wow, she is so cute!") and take



solace in knowing that Facebook really nailed it this time. The "Love" emoji would also be appropriate here.

3 Anger

The situation: A friend delivers an award-winning rant about a terrible public transit commute (I mean, two short turns while packed in like sardines is pretty bad).

Old school:

Show your solidarity with a comment relaying that no one deserves that cruel start to the day.

New school: Use the "Angry" emoji to succinctly convey all your rage with one squished-up red, angry face. TORSTAR NEWS SERVICE AND THE ASSOCIATED PRESS



IN BRIEF

UPS invests in same-day delivery company

UPS, looking for ways to get goods to shoppers faster, is investing in delivery company Deliv.

Deliv, founded nearly four years ago, works with Macy's Inc., Kohl's Corp. and other retailers to deliver online orders within the same day. THE ASSOCIATED PRESS

Beijing overtakes N.Y.C. as home to most billionaires

Move over, New York City: Beijing is the new "Billionaire Capital of the World." The Chinese capital has overtaken the Big Apple as home to the most billionaires — 100 to 95 — according to Heropine, a Shanghai firm. THE ASSOCIATED PRESS

Farming groups call for more seasonal workers

Agriculture groups want the federal government to allow more producers to hire foreign seasonal employees to work on farms. THE CANADIAN PRESS

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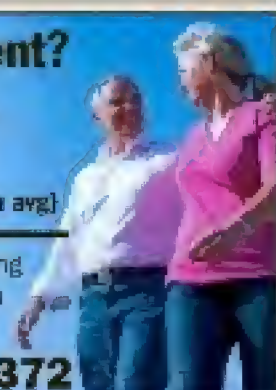
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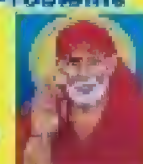
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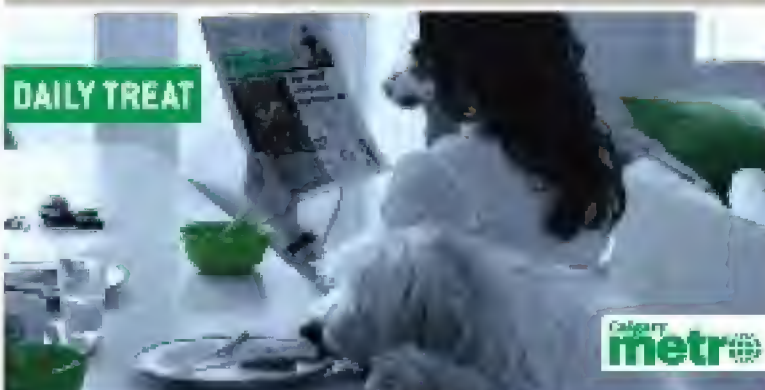
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DAILY TREAT



NHL PLAYOFFS

Canadian drought a 'hit' to Rogers

For the first time in more than 40 years, the Stanley Cup playoffs may lack a Canadian team this season.

That's not only a major disappointment to Canada's devoted hockey fans — Rogers Media coffers could also suffer at the hands of the teams' lacklustre performances three years after the company made a big investment in Canadian hockey talent.

In 2013, Rogers Media purchased the exclusive national rights to broadcast all NHL games

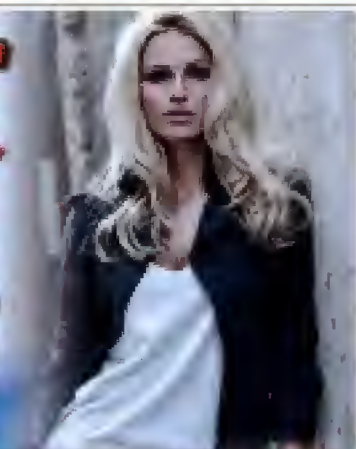
for a dozen years in Canada for \$5.2 billion.

This playoff season, the odds of even one Canadian team making the playoffs are slim. None of the seven teams currently hold playoff spots in the standings. The season ends April 10.

"The bottom line is: no Canadian team in these playoffs is not at all good news for Rogers," Marvin Ryder, assistant professor at McMaster University's DeGroote School of Business, said in an interview. THE CANADIAN PRESS

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CHANTAL HÉBERT: ON THE QUEST FOR AN OPPOSITION LEADER



There are no fewer than eight and as many as a dozen Conservatives testing the federal leadership waters.... History suggests that the more crowded the field, the greater the odds that a dark horse will emerge as the unlikely winner.

Depending on the day of the week, there are no fewer than eight and as many as a dozen Conservatives testing the federal leadership waters.

Should they all enter the race to succeed Stephen Harper, this could make next year's Conservative leadership vote the most unpredictable federal contest in a decade.

Past history suggests that the more crowded the field, the greater the odds that a dark horse will emerge as the unlikely winner.

There were eight candidates on the ballot when Stéphane Dion won the Liberal leadership in 2006. Another four had withdrawn prior to the vote.

Over on the Conservative side, Joe Clark beat 10 rivals for the Tory leadership in 1976.

Neither contest featured a consensual front-runner. Nor, at this early stage, does the campaign to succeed Harper. In contrast with the last Liberal leadership campaign, there is no heir-apparent to the Conservative throne.

But there are crown princes in the wings.

Two of the leading candidates, whose names are circulating, have the potential — should they both run — to turn the campaign into a succession battle between the Tory and the Reform branches of the Conservative family.

The first is Peter MacKay, the former leader of the Progressive Conservative party. Based on a January poll, he is the popular choice of Conservative sympathizers, with support spread pretty evenly across the country.

But it is far from certain he wants the job, at least at this juncture. MacKay retired from politics to spend more time

with his young family a few months before the election. He has just joined a Toronto law firm. He could decide to take a pass on this campaign, thinking there will be another opportunity to run later on.

It is a rare federal party that does not earn a second mandate in government. At a minimum, the Conservatives could be looking at almost a decade in opposition. Over a similar period of time, the Liberals disposed of two leaders before Justin Trudeau led them back to office.

Former defence minister Jason Kenney is also said to be mulling his options. His polling numbers are not as impressive as MacKay's, especially in Central Canada, but those results underestimate his actual strength among the Conservatives members who

will vote in the leadership election.

As the top social conservative in the last cabinet, Kenney has strong connections to the religious right. And his ethnic outreach on behalf of the party has allowed him to build networks within many cultural communities. But while the Conservative party may be ready to elect a social conservative as its leader, the country may not be so disposed.

The second tier consists of a gaggle of former federal ministers, none of whom could be described as a national household name. Of course, that was also true of Harper when he became leader and he still beat Paul Martin, albeit only on his second attempt.

Doug Ford — of Toronto

municipal fame — and businessman/TV personality Kevin O'Leary complete the list. Neither speaks French fluently nor has any federal experience. Both enjoy as much or more name recognition than most outgoing Harper ministers.

But if that were a major asset, former hockey star Ken Dryden would not have finished a distant runner-up in the 2006 Liberal leadership campaign. He used to top the notoriety charts.

Most of the would-be leadership candidates will be working the corridors of this weekend's Manning Centre Conference in Ottawa, making it a warm-up session for a marathon race that will stretch well into the first half of next year.

Former ministers Tony Clement and Maxime Bernier, MP Michael Chong and O'Leary will all be hosting so-called meet-and-greet sessions. Kenney, Lisa Raitt and Kelly Leitch are among the former cabinet members expected at the conference. So are ex-MPs Brian Jean and Patrick Brown, who lead the official opposition in Edmonton and at Queen's Park, respectively. By any other name, this could be a class reunion for Harper alumni.

The state of Canada's conservative movement is the overriding theme of the conference. The fact that this year's gathering of the clans that make up the Canadian right is bringing together a record number of people who toil in provincial and federal opposition tells that story.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

Science says what all pet people know: Animals have empathy

Growing up, our first dog, Murphy (a.k.a. Murphy Brown) had her own seat on the couch.

Most friends didn't mind if, while they were sitting in the far left corner watching *Saved by the Bell* and shovelling down Kraft Dinner, Murphy happened to plod along to the edge of the cushion and look up expectantly, like "Time to hit the road."

"Oh, that's Murphy's seat!" I'd say, and motion for them to relocate to the wooden rocking chair (don't scoff — it had cushions).

A few friends did mind, but I chocked it up to their ignorance. They didn't understand that Murphy was like us humans.

For decades, maybe forever, we pet owners have — irrespective of science — believed in the human qualities of our pets.

Their ability to feel joy and pain, to relate to our emotions, to comfort us by licking our tears, to love us and feel guilty for eating the garbage.

These days, we should be feeling pretty vindicated.

In two recent compendiums of the latest research, *New York* magazine suggested "Maybe it's time to take animal feeling seriously," while *The Atlantic* extolled the empathy displayed by "consoling voles."

"It seems illogical for us to think that animals might not be having a conscious men-

tal experience of play, sleep, fear or love," scientist Carl Safina said in an interview last summer after the publication of his book *Beyond Words: What Animals Think and Feel* sparked debate. "It is incredible to me there is still a debate over whether animals are conscious and even a debate over whether human beings can know animals are conscious."

No, the scientific community isn't wandering around with purse pooches, telling their friends that fluffy-but-frightening Gigi has the best taste in shoes. But neither is there a blanket scientific aversion to acknowledging the human-like traits of non-humans.

Take the case of voles, mouse-like creatures who, during a recent study, sought to comfort their loved ones when they got electric shocks. It's worth looking up just for the photo of one vole putting its little paw on the back of this other, curled-up vole, who's looking rather downcast. "All will be well," the first vole is saying.

This, coming from a lowly vole, who can't even claim the human-likeness of a gorilla, the social complexity of an elephant, the intelligence of a dolphin or even of a crow.

Yet here they are, according to science: just little brown puffs of love. Or empathy, or something at least that looks like human empathy.

THE MICROTREND: Cereal's serious decline



You would think millennials would have a bit of nostalgia for the cereals they slurped while watching Saturday morning cartoons, but they're ditching this beloved "part of a complete breakfast." Grains and milk have gotten a bad rap with some, but cereal's slide is society-wide: U.S. sales have fallen 30 per cent in the past 15 years. Instead, protein is popular: Think breakfast sandwiches and Greek yogurt. While half of Baby Boomers told research firm Mintel they were still regularly waking up to their favourite cereals from childhood, millennials tend to eat cereal as a snack, if at all. Many are skipping the most important meal of the day entirely. But those who do nosh in the morning complain cereal is not good on the go, and — as 40 per cent of Gen Y respondents complained — it requires a bowl you have to wash. SOURCE: THE WASHINGTON POST

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When those unexpected expenses creep up

BUDGETING

Make sure you're also contributing to a rainy day fund

Tanya Enberg

Buying my first home was a thrilling experience. One might expect a healthy amount of trepidation and fear, for entering any real estate market, particularly Toronto's, tends to be laden with both. But I had a nice lump of cash in the bank and felt confident about the timing of my big-ticket purchase.

Looking back, I'd cut a little too close to the bone by dedicating too much of my savings toward the down payment.

Within a few months, water started dripping through the ceiling in the master bedroom

and the furnace went kaput. My cash was dwindling fast and my earnings were being eaten up on mortgage payments and bills.

There was a lesson in this, the importance of stashing away a few extra nuts in the event of an emergency, for instance when the car breaks down, the basement floods, or income is drastically reduced.

According to Scott Hannah, president and CEO of the Credit Counselling Society, facing sudden financial challenges should not be entirely unexpected.

"People fail to plan for unexpected events and then plan to fail for every day living," says Hannah.

In fact, under-planning is a common reason clients seek Hannah's help in the first place.

"Some people make the mistake of taking every available cent and putting it against their debt," says Hannah.

"It's important to take a longer view of this. If it took you three or four years to get into



Lorraine Poole Greenhalgh reacts to receiving a \$450 parking ticket, while taking her mom to an appointment. JONATHAN NICHOLLS

debt, it might take you three or four years to get out of it."

He advises that money should be set aside for emergencies even while paying down debt. This allows for emergency costs to be dealt with immediately, at least in part, rather than getting stuck in a fruitless cycle of monthly credit card payments with interest tacked on.

Recently Lorraine Poole Greenhalgh, a business development manager in Toronto, was shocked to discover a \$450 parking ticket slapped on her car last month.

"I was taking my mother, who has Alzheimer's, to the dentist," she says.

"The parking lot was full so I circled around and drove back up the street to find parking. A car was just pulling out and I thought how lucky I was. I pulled in, went to the meter, and paid for two hours."

When they returned an hour later, the ticket awaited them. Her initial thought was that the meter had expired, but quickly realized she had parked in a loading zone for people with disabilities without displaying a valid permit.

"I looked at it and thought it said \$45," she says.

"I didn't even know they had \$450 tickets. I felt like I was going to throw up."

Luckily, Poole Greenhalgh had the funds to cover the charge, though she would have fought it if her license and plate weren't coming up for renewal.

According to Crystal Wong, senior regional manager at TD Wealth Financial Planning, developing money smarts begins with one essential task: Creating a budget.

"The rule-of-thumb for rainy-day funds is you should have three to six months worth of direct expenses saved at any point in time," Wong says.

Budgeting can seem daunting as it involves taking an honest look at one's earnings, debt and lifestyle, while likely chop-

ping out unnecessary spending, she says.

This may mean cancelling magazine subscriptions, ordering less takeout, or making larger lifestyle overhauls, such as selling a vehicle and using public transit instead.

Ultimately it's about determining the difference between need and want.

"In today's society, everyone seems to have the most up-to-date smartphone, the most up-to-date PVR, the most up-to-date large screen TV," Wong says.

"What, as a family unit, do you require to live extremely comfortable and not overextend your finances?"

Some people make the mistake of taking every available cent and putting it against their debt

Scott Hannah, president and CEO of the Credit Counselling Society

Millennials need to get on track with savings



A recent survey found millennials (aged 18 to 33) were the least likely to say they are thinking about saving for retirement. ISROCK

Chelsea Strachan has seen enough people her parents' age struggle to find the money to retire.

"I never want to be in that position," says the 24-year-old, "knowing that I don't have a comfortable cushion of money for my future."

So when Strachan received a small inheritance of \$1,000 a few years ago, she put it into a registered retirement savings plan (RRSP).

And now she's working full-time for a producer of television commercials, she funnels another \$50 monthly into the plan through an automatic withdrawal set up at her bank.

Although Strachan has struggled with money in the last year, she has resolutely avoided tapping into her little nest egg.

"If I were in a desperate situation I would," she says. "But otherwise I have no intention of touching it."

Strachan's RRSP stash puts her ahead of many others her age. A recent survey by TD Bank found millennials (aged 18 to 33) were the least likely to say they are thinking about saving for retirement.

Only 52 per cent reported making contributions to retirement savings plans, compared with 69 per cent of 34-to-50-year-olds.

What gets in the way? For starters, millennials frequently need higher educational levels just to get a foot in the employment door, says Victor Godinho, president and senior financial planner with Pangea Personal Financial Planning Inc.

"Nowadays an undergrad-

ate degree doesn't mean much," he says. "There's always going to be someone with an MA. So they're getting a \$100,000 education that results in a \$40,000 a year job."

Consequently, many millennials leave school with debts that take priority over savings. And when they do nail down a job, they may not keep it long term.

"There's a lot of turn-around," says Godinho, "and lots of contract jobs with no benefits." Nonetheless, he says, starting the saving habit early can put you ahead of the pack.

Begin by taking a detailed look at your cash flow: How much you're earning and how much you're spending. By tracking expenses, you may be able to identify areas

where you could cut back, says Godinho. Then you can put those savings away every month, first to pay off your debts and then to save for your future.

If that seems intimidating, get some help. You can set up a financial plan yourself, using online resources such as The Financial Consumer Agency of Canada's 'My Financial Plan' (fcac-acfc.gc.ca) or invest in a session with a for-fee financial planner (commissioned advisers may not want to take on someone who doesn't have much money) at a cost of about \$150 per hour.

That may sound like a lot, says Godinho, but "lots of people I know spend that on a night out. Believe me, it's money well spent."

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Find funds for last minute RRSP

FINANCES

Experts say take advantage of the tax break

Michelle Williams

The RRSP deadline is just days away — falling on Feb. 29 this year. If, like many people, you haven't saved for it, you might be considering the potential tax saving and wondering if you can still take advantage.

There are ways to make a registered retirement savings plan contribution without having the cash on hand. The simplest way is to take out a loan.

Saving by borrowing isn't as strange as it sounds if you do it right.

"If you take out a \$5,000 loan, for example, pay back as much you can when you get your refund and then commit to paying off the rest before the end of the year," advises Philip Goldband, chartered professional accountant with G & G Partnership. "It is better to contribute savings throughout the year, but the next option

would be to pay back a low-interest loan."

If you're considering this, be sure to shop around for the best loan.

"Some RRSP loan vehicles are certainly better than others," says Jason Pereira, senior financial consultant at Woodgate Financial. "Look for one with a low interest rate and no interest for the first few months through a major bank or investment firm. They're easy to get — applications can be done online and approvals come in right away."

Another way to borrow is to set up a home equity line of credit. "Borrowing against the equity you have in your home is the most affordable and flexible borrowing account you will find," says Pereira.

If all this borrowing sounds counterproductive, just remember that you're getting tax savings from the government that will help pay it back.

"The government is giving you a chance to pay them less money, but only if you save for yourself," explains Pereira. In a nutshell, it's better to owe the bank and have savings than owe the government and not have savings.



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Walk a mile in Roldan's boots

FASHION

International model talks diversity, pay gap and regrets

Nichole Jankowski
Metro | Canada

The fashion industry is famous for being fickle, lambasted for its impossible standards of beauty, and oft criticized for its lack of diversity. And so it's notable that Paolo Roldan — born in Quezon City, Philippines, who moved to Canada as a kid, and worked building circuit boards with his brother at a factory in Mississauga when he was young — was discovered not once, but three times.

The first time was in 2005 by renown modelling agent Elmer Olsen. "I was on my way into Hazelton Lanes on a Sunday," recalls Olsen in conversation with Metro. Roldan was working at popular Toronto boutique TNT at the time. "I walked in and saw him and went 'wow.'"

Olsen was quick to sign the 6'2" former basketball player.

"I never really took it seriously," admits Roldan, who was focused on his job. He remembers Olsen calling him for castings. "Sometimes I wouldn't even go."

In 2009, Roldan was in New York on a buying trip for the

menswear boutique Nomad when David Bosman, founder of Boss Models, spotted him.

The third time came on the last day of his Fall Winter 2010 go-sees: Riccardo Tisci, creative director of Givenchy, personally cast him to walk exclusively for the house that season.

Sitting in a café on Toronto's Ossington strip, just a week after closing Todd Snyder's FW16 show, Roldan, 38, is recalling those early days. Asked if he's had any regrets, one came to mind.

"I don't want to say I wish I never did it," says the soft-spoken

added to the calendar: Florence, Paris, London and New York — even Toronto has TOM, running this week through March 1.

The hectic show schedule keeps Roldan busy, but during his downtime he's been working on his own designs. Roldan hints at a capsule collection.

"I can't say now because I don't like jinxing myself," says the business-minded Roldan, who sees the industry perhaps all the more clearly because he understands the dollars and cents of it. This clarity extends to the ramped up show schedule (globally, sales of menswear have had double-digit growth for more than five years), diversity on the runway, and a pay gap that sees even mid-level female models earning an average of 148 per cent more than men.

"There's more buying power on the women's side," says Roldan, matter-of-factly. "I tell this to all the young guys — it's because the women buy more."

And when it comes to diversity, he views the industry's moves towards inclusiveness as little more than designers trying to expand their consumer base.

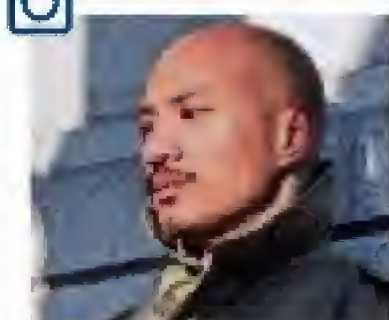
"For the most part it's business, and it's cool because it puts me to work," says Roldan.

Despite all his international success, Roldan is happy to call Toronto home. "All my family is here," says Roldan without hesitation. As our interview wraps, he asks when the article will be published — so his mom can pick up a copy.



People love it because I represent them.

@juanpaoloroldan



Roldan, referring to a nude shot by Mert Alas and Marcus Piggott that ran in French Vogue and cemented his status in the rapidly expanding men's fashion industry.

With each passing season it seems another men's week is



HOW TO WET SHINE BOOTS

Vogue.com recently named Roldan their latest street style obsession, noting that "his boots are a particular point of fixation" for fans. To keep his boots looking their best, Roldan uses a wet (or spit) shine technique, which he shares here with Metro readers.

Directions

1. Clean off dirt using a boot brush. Wipe boots down with damp rag. Dry.
2. Apply a base coat of polish with a boot brush. Using a polishing cloth and small circular motions, go over the entire boot, adding more polish. Continue rubbing in using the same circular motions until the polish begins to smooth.
3. Take a spray bottle and mist the boot with water. Continue applying polish using the same cloth and technique. The boot will begin to get shiny.
4. Spray with water and buff.

Paolo Roldan is ranked among the sexiest men on models.com. PAOLO AZARRAGA/CLIENT MAGAZINE

"I like preparing healthy and tasty food that gives our customers one big reason to feel good that day."

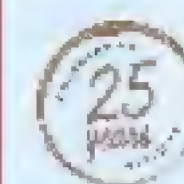
— Jan Cadra, Baker

Jan started with Good Earth in May of 1995, and has been baking with us ever since. He's proud of the healthy food he prepares for our customers. Jan's favourite menu item to make (and eat) is the Southwest Bake. Not only is it colourful, but it tastes really good!



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Luxe and shimmer

London Fashion Week rolled out a hectic catwalk schedule on Monday that included Burberry and Erdem **THE ASSOCIATED PRESS**

ERDEM FADED GOLDEN AGE GLAMOUR

Canadian designer Erdem Moralioglu's new collection is all about early 20th century glamour tinged with sadness, as if he were reflecting on screen divas trapped in old sepia photos.

As soon as guests arrive they are greeted with a dimmed stage suggesting a crumbled grand period mansion, complete with art deco lights, chandeliers, ornate columns and overturned chairs.

Models wore ankle-length slim gowns in a mostly-gloomy palette of black, navy and burgundy, adorned by myriad ruffles, shimmering brocade flowers and the intricate embroidery that the designer is famous for. A pair of unexpected, sky blue leather gloves brightened some of the outfits.

Standout looks included a gown with long gold tinsel-like tassels paired

with an ivory mohair jumper, and a gunmetal grey sequined gown with matching cape.

SOPHIE SWEARS BY ERDEM

Sophie Grégoire-Trudeau wore an Erdem dress to Prime Minister Justin Trudeau's swearing-in ceremony.

BURBERRY TARTAN, PATCHWORK, SEQUINS

Design wizard Christopher Bailey has once more found new ways to reimagine Burberry's traditional strengths, transforming the trademark trench coat style into a variety of sparkly metallic looks that were anything but military in tone.

There were military coats but they were made of cashmere — trench coats, cape coats, tunics and regimental jackets, some in military blue with red piping, but the looks were feminine, not severe. The collection mixes motifs, often in one outfit: a military style tunic and cape worn over a beautifully made flapper dress that would have served well in a Chicago speakeasy.

Most impressive were some of the colourful sequined tops that shimmered with a metallic sheen on the catwalk and the patchwork skirted mini-dresses, some in floral patterns. "The collection was really a patchwork of everything that I love," Bailey said backstage after the show.

"The idea of running through a field in wellies was in there. So it was really this mish-mash of all different worlds put together," Bailey added.

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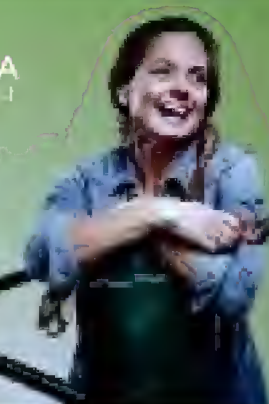
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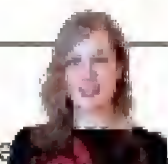


Queen of Metal tells all with T.O. blogger's help

MEMOIR

Lita Ford on clawing her way to the top of music world

Sue Carter
For Metro Canada



Lita Ford was only 16 years old in 1975 when she auditioned for a new act called the Runaways, described by its notorious manager Kim Fowley as "an all-girl teenage band of rebellious jailbait 'rock-and-roll bitches.'" Shortly before the audition and meeting bandmate Joan Jett for the first time, Ford had been attacked by gang members in an Arby's parking lot following an exchange of words. She showed up to perform with a blood-red eye and bruised face, and although Ford normally wasn't one to throw punches, her tough, street-

fighting reputation was born. Since then, Ford has been known as a fighter, a label she dismisses as myth. Now, after 40 years in the music business as a pioneering female guitarist, she's decided to set the record straight with *Living Like a Runaway: a Memoir*, published by HarperCollins. The book is a candid, at times painfully honest tour through her personal life and musical career as the "Queen of Metal."

Ford did have to fight to be taken seriously as a musician, which is one reason why the former Grammy nominee always wanted to write a book. "I started in the music industry as a young girl, not a woman. I wasn't the lead singer, I was the lead guitarist," she says. "I wanted to talk about all the hurdles I had to jump through in a man's world, to try to claw and scrape my way to the top when I just kept getting pushed down."

She spent last summer writing furiously — "I don't even think I took my robe off," Ford

“She was a godsend, that little Italian rocker

Lita Ford says of Toronto music blogger Marina Fasano, her memoir collaborator

says — but was having no luck finding a co-writer with whom she gelled. One she describes as a chauvinist; the other, clueless about music. Then she received fan-mail from Toronto music blogger Martina Fasano. "It was the most incredible fan letter I had ever read. It really touched my heart," says Ford. The letter led to a text, then a phone call, and finally a meeting. Ford asked Fasano to help her out with a paragraph she was struggling with, which eventually led to the two collaborating on the manuscript. "She was a godsend, that little Italian rocker," says Ford.

Although sex and drugs are requisite material for rock memoirs, it's rare for women musicians to reveal as much as the lads. Ford is open about her relationships with rockers like Jon Bon Jovi, Eddie Van Halen, and Mötley Crüe's Nikki Sixx, and the copious amounts of drugs on the scene. She writes about physical abuse she allegedly experienced from her ex-fiancé, Black Sabbath guitarist Tony Iommi, and the horrific conclusion to her second marriage, which ended with Ford becoming estranged from her two sons. Now that the book is out in the world, Ford has no regrets about being so open. "I didn't leave much out," she says. "I wanted people to know my life story, and the people who were in my life that I got to be with, and hang with musically, sexually, and just as friends. I had a lot to say."

Sue Carter is the editor at Quill & Quire magazine.



Lita Ford wants people to know her life story. GETTY IMAGES

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Actress Kate Hudson is Pretty Happy with life

NEW BOOK

Actress joins army of celebs building a lifestyle brand

As Kate Hudson establishes her own lifestyles empire with a line of athletic wear and a new book, she feels a camaraderie, not competition, with other actors who've made a similar move.

The Oscar-nominated star's new book, *Pretty Happy: Healthy Ways to Love Your Body*, comes after Cameron Diaz's *The Body Book* and Gwyneth Paltrow's weekly lifestyle publication *Goop*.

Then there's Jessica Alba's *Honest Company* and Blake Lively's now-defunct website *Preserve*, to name but a few.

"The truth is, most of the girls you just talked about are literally my girlfriends," Hudson, who also has her *Fabletics* line of sportswear, said in a recent phone interview.

"It's almost like we're like mom buddies and we get excited about talking about these things. None of them is better than the next one. We're all in it together."

Hudson said she feels "any woman's success is your success, for women."

"So when I see my friends succeed or put a positive message out there, like Jessica and like Gwyneth, it's amazing," said the 36-year-old, who has two sons.

"I'm so proud to be friends with them."

"To see women succeed and have that kind of success in their life should be absolutely celebrated — absolutely celebrated — in this day and age."

Pretty Happy is structured

around what Hudson calls her "four pillars of health," explaining everything from mindfulness to the benefits of an alkaline diet and Ayurvedic medicine.

"I think it's more of a dialogue with women, more of an open conversation hopefully about everybody's differences," said Hudson, who won a Golden Globe and got an Oscar nomination for playing socialite Penny Lane in the 2000 drama *Almost Famous*.

Hudson said she wrote the book, in part, because she was frustrated after constantly being asked in interviews what her secrets are to looking so great and not being able to fully explain in a sound bite.

"Everybody always asks me that question: 'What do you do to balance, how do you do this and how do you do that?' and I always feel so weird talking about myself, because I'm aware and I know that that's just not going to work for everybody," said the Los Angeles native.

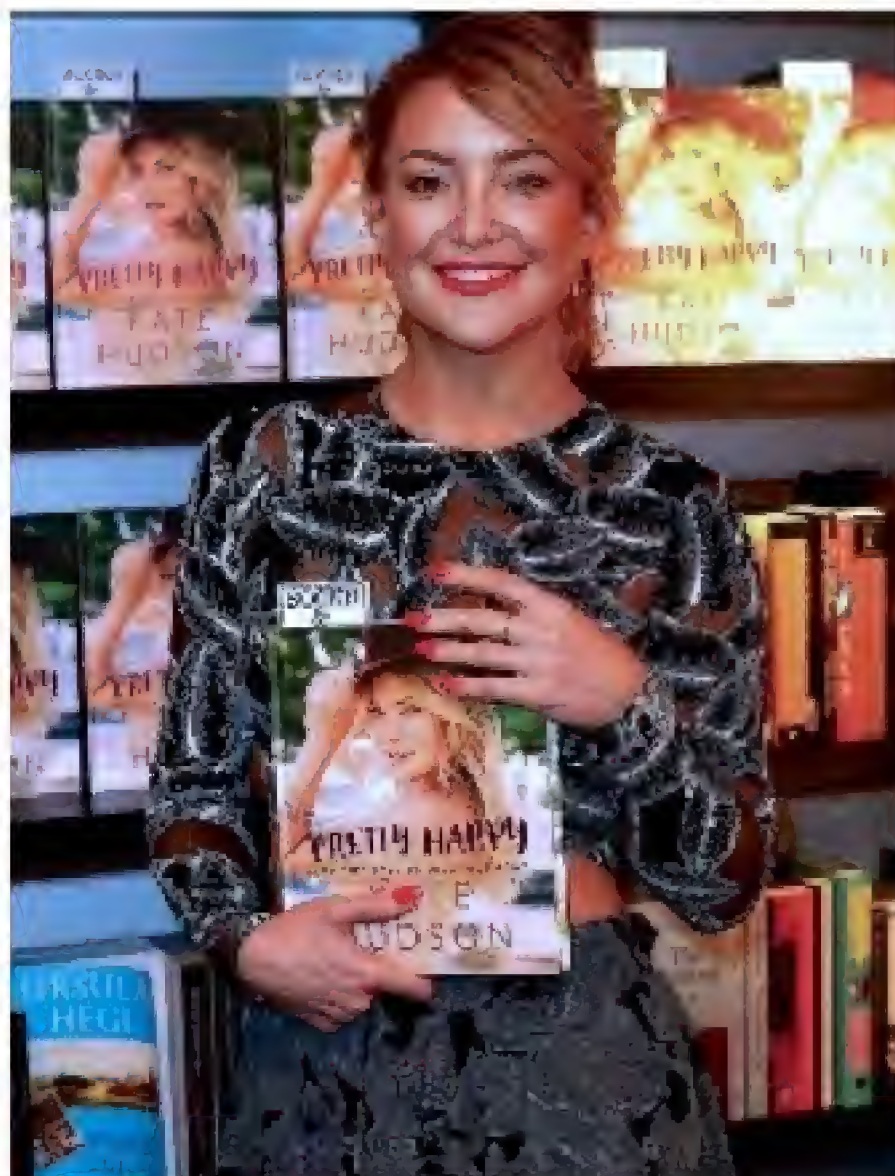
"Instead of it being all these magazines that I get interviewed in and I answer a question and then it gets taken out of context, I really want to put what my philosophy is out there for those who care to read it."

"And then I feel like I don't have to keep saying: 'No, that's not what I meant. No, I don't work out 2 1/2 hours a day. That's impossible. No, I don't eat only vegan.'"

Hudson said she learned the benefits of being active and eating well as a kid. Her mom, Goldie Hawn, and stepdad, Kurt Russell, were role models in that way.

These days, she feels more carefree, self-assured and stronger than when she was in her early 20s.

Rumours have been flying



Kate Hudson has a line of athletic wear and now a new book outlining what she calls her 'four pillars of health'. GETTY IMAGES

I really want to put what my philosophy is out there for those who care to read it.

Kate Hudson

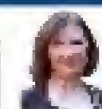
that she's even dating someone in his 20s — pop star Nick Jonas. (A question about those rumours was shot down by a publicist.)

While Hudson still fluctuates in emotion and mood from time to time, she has "more acceptance of the things that life brings and moving with them," she said.

"When I felt like I could

finally just accept what is, instead of putting expectations on myself or putting expectations onto other people or putting expectations onto what my career should look like or putting expectations onto whatever it is, once you actually start dealing with what is and what's happening now, I just felt an inner freedom."

THE CANADIAN PRESS



JOHANNA SCHNELLER
WHAT I'M WATCHING

Going where the wild things are

THE SHOW: *The Nature of Things, Wolverine: Ghost of the Northern Forest* (CBC)
THE MOMENT: The Carcass

In the dead of winter in northern Alberta, nature photographer Andrew Manske has been living for 21 days straight in a tiny blind, peeing into bottles to hide his scent, hoping to capture images of wolverines in the wild.

Aggressive, vicious, nocturnal, wolverines are so elusive that, when Manske finally gets a glimpse of them, he posits that his is the first footage of wild ones in North America.

He gets it by staking out the carcass of a deer killed by wolves.

Night after night, wolverines come out to snack, padding on paws as wide as snowshoes. Later, aided by a University of Alberta team who are tagging and tracking wolverines, Manske scores his greatest coup: the first images of a female wolverine with her kits.

Here's the thing about na-

ture docs.

Not only do you learn the stuff they want you to learn — I now know that pound for pound, a wolverine's bite force is stronger than any other land mammal — your mind is always blown by something. And you never know what that thing will be.

With this one, it began by witnessing how many animals can live off one carcass, and for how long. Wolverines, wolves, ravens, and lynx all chow down, with a clear hierarchy as to who eats when.

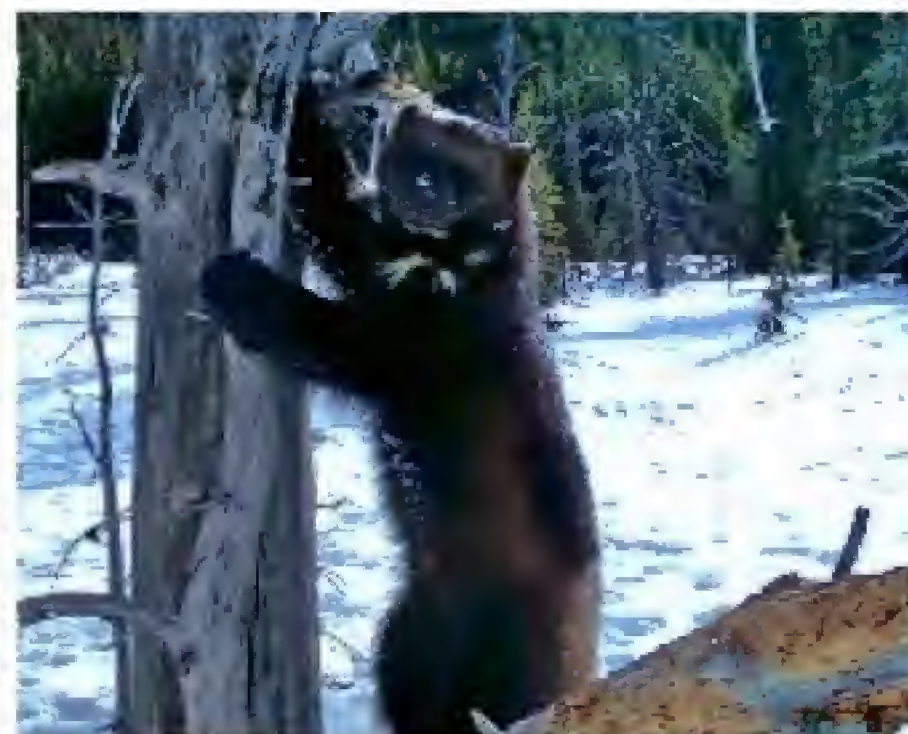
That got me thinking about animals and winter in general.

Do they sigh when it snows? Do they long for spring? Do they even have thoughts?

What is a thought, without words?

And, poof. Mind blown.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



You learn fascinating things from nature docs, like that pound for pound, a wolverine's bite force is stronger than any other land mammal. CONTRIBUTED

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MEET THE CONDO

Welcome to Walden



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Project overview

Featuring an attractive collection of modern condos and townhomes, Walden Place will offer great options for first-time buyers, downsizers, young families and more.

Housing amenities

Every Walden Place condo comes loaded with features, including premium kitchens, stainless steel appliances, quartz countertops, extra-large windows, walk-in pantries, nine-foot ceilings and more. The project includes a park, storage, and large decks — the townhomes also include double-car garages.

Location and transit

Shopping, parks, paths, ponds, mountain views, future schools: Walden Place has it all plus easy access to major roads including McLeod Trail, Deerfoot Trail and Stony Trail. The CTrain is also accessible with city bus routes as well.

In the neighbourhood

Across from future shopping and surrounded by community amenities, Walden Place is located a short walk from a pond, pathways, nature park and trails plus a future baseball diamond, soccer fields and a future separate school. It's also close to several nearby golf courses.

KRISTA SYLVESTER/FOR METRO

+ NEED TO KNOW

What: Walden Place Condos and Townhomes.
Builder: Cardel Lifestyles
Location: Walgrove Cove S.E.
Building: 83 Condos in six condo buildings, 40 townhomes
Sizes: Condos are 544 to 1021 square feet. Townhomes are 1549 sq. ft.
Pricing: From \$139,900

Suites: One and two bedroom options, townhomes feature double garage
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Foscarini's Glass Drop ceiling light. HANDOUT

Ung Svensk Form, and other highlights from Stockholm

DESIGN SHOW

New talent, established names are showcased

As a region that's world-renowned for its design talent, Scandinavia recently celebrated the art of home interiors in Sweden's capital with the Stockholm Furniture & Light Fair. Here's a look at some of the highlights from this year's event.

Guests of honour

Every year the Stockholm Furniture & Light Fair picks a designer as its guest of honor. For this edition, the British design studio Barber & Osgerby was selected to showcase its work at the event, creating a lounge in the entrance hall to the Stockholmsmässan congress center where the fair is held. Young, up-and-coming designers got a chance to show off their talent in a space called the Greenhouse, designed by the studio Form Us With Love. This area also hosted the Ung Svensk Form (Young Swedish Design) exhibition.

Blown glass and tartan

New products on show at the fair included a selection of blown-glass objects from Foscarini. These included the Caiigo ceiling light by Marco Zito, evoking the morning mist in Venice.

40,000

The Stockholm Furniture & Light Fair attracts 40,000 visitors and 6,000 foreign buyers, architects, designers and journalists from more than 60 countries.

Tartan proved another source of inspiration, with named after the crisscross pattern designed by Ludovica and Roberto Palomba. Plus, as part of an ongoing collaboration with Diesel, Foscarini presented a new version of the Glass Drop ceiling light with a white diffuser.

Danish design store By Lassen, Copenhagen presented a nickel version of the Kubus candleholder created in 1962. AFP

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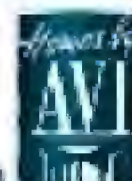
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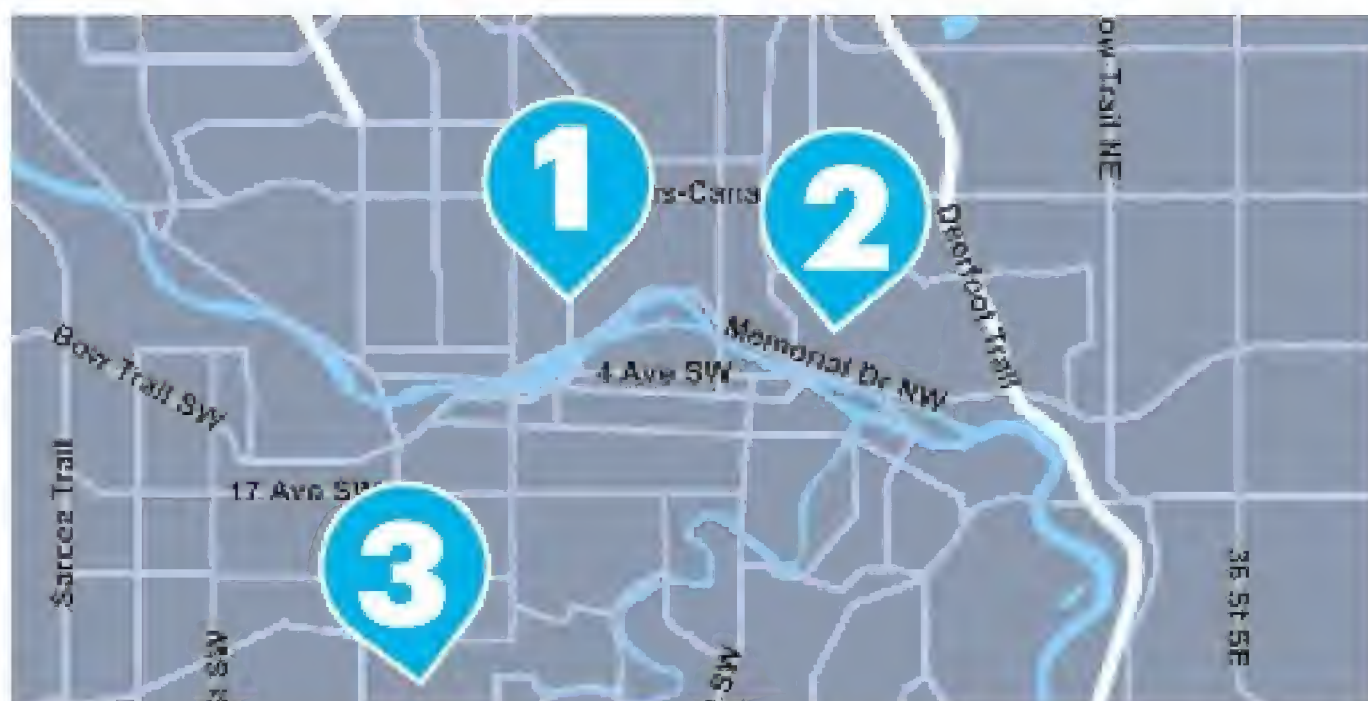
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Above: The Kubus candle-holder. Below: The Tartan ceiling light. HANDOUT

REAL ESTATE

What's hot on the market



KRISTA SYLVESTER/POB METRO

1 GRAND REOPENING

Kensington by Bucci: Grand reopening Feb 20 – Kensington by Bucci is ideally located in the popular Hillhurst/Sunnyside area, which features inner-city living and vibrant character. This project reflects the boutique style of the community with just 77 homes in a low rise building available. Visit the presentation centre at 301 10 St. N.W.

2 STILL SELLING

Bridgeland Hill by Gable Developments: These beautiful 1 and 2 bedroom homes are available to move in this summer in the trendy community of Bridgeland. High quality meets peaceful living at Bridgeland Hill. Visit the sale centre at 736 1st Ave. N.E.

3 LAUNCHING SOON

Brooklyn Condominiums by Trico Homes: Launching soon – Keep an eye out for Brooklyn Condominiums, which will be located in the very desirable location of Marda Loop in southwest Calgary. The sales centre will open in 2016 so be sure to register for information at tricohomes.com.

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Flexibility key to Haskayne program

The Haskayne School of Business at the University of Calgary recognizes that professionals pursue a master of business administration (MBA) for a range of reasons at various career stages. That's why, says Claire Dixon, director of its MBA programs, flexibility is a core part of the school's philosophy.

"We're in tune with what people are interested in and when you look across our programs, the vast majority of students want to continue to work while completing an MBA degree," says Dixon. "Our evening option includes two classes a week, but even our daytime MBA is flexible because after you complete the first year of studies, most of your courses are delivered in the evening."

And while the daytime MBA was designed to be completed in 20 months and the evening program within three years, Haskayne allows those with an undergraduate degree in business (from a Canadian institution) exemptions that could see them graduate

sooner.

At Haskayne, flexibility isn't just a matter of scheduling. In addition to the daytime and evening MBAs and an executive MBA, the school also offers combined MBA and thesis-based MBA undertakings.

"We get a lot of candidates who come to us and we counsel them on the different options," says Dixon. "You can't just assume that because someone has 20 years of experience an EMBA is the right choice. We have a lot of support through our office in terms of those early conversations and beyond."

The combined MBA option allows students to complete their MBA in conjunction with a degree in medicine, law, biotechnology, social work or public policy. It combines professional skills with the leadership skills of an MBA. The thesis-based MBA, meanwhile, is designed for those strongly interested and committed to research.

"No matter what option students choose, flexibility and choice are important to us,"



CONTRIBUTED

says Dixon. "Equally as important are academic rigor and a big focus on applying that. And to round out the programs, we emphasize group work and learning in a cohort."

In 2015, the Corporate Knights Better World MBA ranking saw the Haskayne MBA program ranked third in Canada and fifth in the world.

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Thompson focused on student needs

At Thompson Rivers University (TRU), flexible learning options aren't an after-thought, they are a key foundation of its academic vision — one that the school's master of business administration (MBA) program director says is especially important when it comes to today's MBA student.

"MBA programs are ideal for students with prior work experience who are wanting to gain the skills and knowledge to advance their careers or change fields," says Victoria Martin. "However, the reality for many potential students is that they do not have the ability to commit to a full-time, on-campus program due to work or family commitments. Our flexible study options provide access to MBA studies while accommodating individual needs."

At TRU, students can take their MBA on-campus full or part-time, online or through a blended combination. While the on-campus option provides the advantages of small class sizes and a diverse student cohort, online offers the flexibility to complete the program the from home (or



CONTRIBUTED

anywhere with a computer and Internet connection) and access course materials whenever is convenient. The blended

structure, meanwhile, involves picking up one or more MBA courses online if attending them on-campus doesn't fit into a

student's schedule or lifestyle.

"An MBA program is a significant investment in your future and it is important to consider all of the options available," says Martin. "Regardless of the study method chosen, all of our MBA students study the same rigorous curriculum, must meet the same learning outcomes and receive the same degree upon successful completion of the program."

Since TRU launched its online MBA option in 2013, Martin says it has grown to become one of the school's popular options, with students responding positively to its structure and enrollment growing rapidly.

"Online studies certainly don't work for everyone. You must be self-disciplined and able to work independently," she says. "However, students in the online courses do work in virtual teams, similar to the on-campus classes, to complete projects and analyze cases. And required online discussions further encourage interaction within the course. Lectures for the online courses are pre-recorded for our students to be able to access them 24/7."



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Denver coach Gary Kubiak says he's been in contact with Peyton Manning but isn't pressuring him for a decision about his future

The curious case of the Blue Jays centre-fielder

Pillar strives to be like a baby in his training regimen

Kevin Pillar didn't like the way his body was moving through workouts when he first reported to the Toronto Blue Jays camp last month.

So he changed his whole routine with one goal in mind — be more like a baby.

"It kind of sounds weird unless you see it happen, but my focus is really to try to move like an infant child," the Toronto centre-fielder said before Wednesday morning workouts at Florida Auto Exchange Stadium.

"They do a lot of things right: they know how to properly roll over, they don't allow their big muscles to dominate their bodies."

Pillar's new routine, which emphasizes flexibility and mobility through rolling and stretching, is aimed at targeting the body's smaller muscles. The results are already

beginning to show.

"The big thing I've noticed is I wake up in the morning and I feel better," he said. "I'm not as sore as I used to be."

Pillar, who played 159 games last season, estimated he felt "below average" physically for about half of them.

Part of that had to do with the way he plays in the outfield — with reckless abandon. He

runs at top speed to track balls, dives through the air to catch them and lands hard on the artificial turf-covered concrete of the Rogers Centre.

The highlight-reel catches that punctuated Pillar's 2015 season may not be as prevalent this year.

"With improved mobility and quickness, hopefully I don't have to dive as much," he said. "But when I do dive, hopefully I'll be able to bounce back quicker



"I'll be less sore, I'll recover a little bit quicker. Those are my main focuses."

Kevin Pillar

than I did last year.

"It'll be easier to get up from. I'll be less sore, I'll recover a little bit quicker. Those are my main focuses."

While position players

man Chris Colabello have all been working out together at the Jays facility along with all-star slugger Jose Bautista.

"The off-season is fun to get away but, after a while, you miss that camaraderie," Pillar said. "We really just want to build on what we started last year."

It's fun to see your friends and family at home and get away from the game but you miss that aspect of competition and brotherhood and friendship.

"For guys like me, Goins and Colabello, last season was really our first full season and we just want to push each other to be better this year."

Pillar, who had to battle for a starting outfield job last spring, finished the season with a .278 batting average,

12 home runs and 56 RBIs. But he cemented himself as the team's centre-fielder with his strong defence.

Now that he's virtually assured a spot on the big-league roster, Pillar's focus has changed.

"As much as I want to say it won't change, I think it does a little bit," he said. "I've never been in a position where I've had job security so I don't like to look at it like that. But at the same time I understand where I stand with the team now."

"I'm still going to go out and compete but in the back of my mind I understand that I'm playing for something bigger than a job. I'm playing for the whole regular season and to help the team win."

Toronto manager John Gibbons believes Pillar can only get better with a full major-league season under his belt.

"Kevin came into his own last year, did a tremendous job," Gibbons said. "The year before he was up and down a little bit, trying to establish himself and last year he did it."

"Now he thinks he belongs, he feels he belongs and he does." THE CANADIAN PRESS



PHOTO: CARLOS OSORIO/TORSTAR NEWS SERVICE

TOURNAMENT OF HEARTS

Playoff picture still coming into focus at Scotties

The race for playoff berths at the Canadian women's curling championship remained wide open Wednesday even as the preliminary round's finish line appeared on the horizon.

Alberta's Chelsea Carey remained atop the standings at 7-2 despite an afternoon loss, but several teams in a pack behind the host province had yet to be eliminated from contention.

The top four teams at the conclusion of the round robin in Friday morning advance to the Page playoff. Ties for

CONTENDERS

Northern Ontario's Krista McCarville and defending champion Jones chased the leaders at 5-2 with both teams in action in the evening draw. Quebec's Marie-France Larouche and Manitoba's Kerri Einarson were at 4-3.

fourth get solved by tiebreaker games.

Both Jennifer Jones and

Val Sweeting were at eight wins at the same point in last year's tournament in Moose Jaw, Sask. Eventual champion Rachel Homan had eight wins in the bank by Wednesday night in 2014 in Montreal.

Carey's team from Calgary opened the Scotties Tournament of Hearts at a torrid 6-0 pace before losing two of three. So Alberta still has work to do heading into its final two games Thursday against Nova Scotia and Ontario to secure a playoff berth.

THE CANADIAN PRESS



Manitoba skip Kerri Einarson celebrates her team's 11-7 win over Alberta on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

IN BRIEF

Oilers trade KHL player for fifth-round pick

Defenceman Philip Larsen was acquired by the Vancouver Canucks in a trade with the Edmonton Oilers on Wednesday night.

Edmonton gets a fifth-round conditional pick in the 2017 NHL draft in return.

The 26-year-old Larsen is currently with Jokerit Helsinki of the Kontinental Hockey League where he has 12 goals, 26 assists and a plus-9 rating in 54 games. THE CANADIAN PRESS

Habs weather Caps rally

Alex Galchenyuk scored two goals, Mike Condon made 33 saves and the Montreal Canadiens topped the Eastern Conference-leading Washington Capitals 4-3 on Wednesday night.

The Canadiens built a 3-0 lead and chased Capitals goalie Braden Holtby in the second period before holding on as Washington tallied two late goals. THE ASSOCIATED PRESS

Raps hand Wolves' Wiggins a loss in return home

DeMar DeRozan poured in 31 points to lift the Toronto Raptors to a 114-105 victory over the Minnesota Timberwolves on Wednesday, tying a franchise record with their ninth consecutive win at home.

Kyle Lowry added 21 points for Toronto (38-18).

Andrew Wiggins, the reigning NBA rookie of the year from Vaughan, Ont., led the T-Wolves (18-40) with 26 points.

THE CANADIAN PRESS



"By the end of the first (round), I feel he will be put away."

Conor McGregor's trash talk for UFC 196 opponent Nate Diaz

RECIPE Spinach and Sundried Tomato Pasta



PHOTO: MAYA VISNENI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't be fooled by the simplicity of this pasta recipe, it delivers incredibly deep and complex flavours out of the tiny time it demands of you. Which may explain our addiction to it.

Ready in
Prep time: 5 minutes
Total time: 20 minutes
Serves 4

- Ingredients**
- 500 g penne pasta
 - 4 cups baby spinach or arugula
 - 1/4 cup sundried tomatoes, diced (not packed in oil)
 - 1/4 cup olive oil
 - 1 large clove garlic
 - 1 tsp umami paste
 - 1/2 cup shaved Asiago

cheese, plus 1 Tbsp
• 1 handful of basil leaves (about 20), thinly sliced

Directions

1. Prepare pasta according to package directions in well-salted water. During the last minute of cooking time, drop the spinach and sundried tomatoes into the water. Reserve 1 cup of cooking water then drain pasta.
2. Pour drained pasta and vegetables back into pot and mix in olive oil. Using a microplane, grate garlic into the pasta, add in the umami paste, cheese, and stir. Loosen up your sauce by adding a tablespoon of reserved pasta water at a time until you reach desired consistency.
3. Serve with basil and Asiago sprinkled on top.

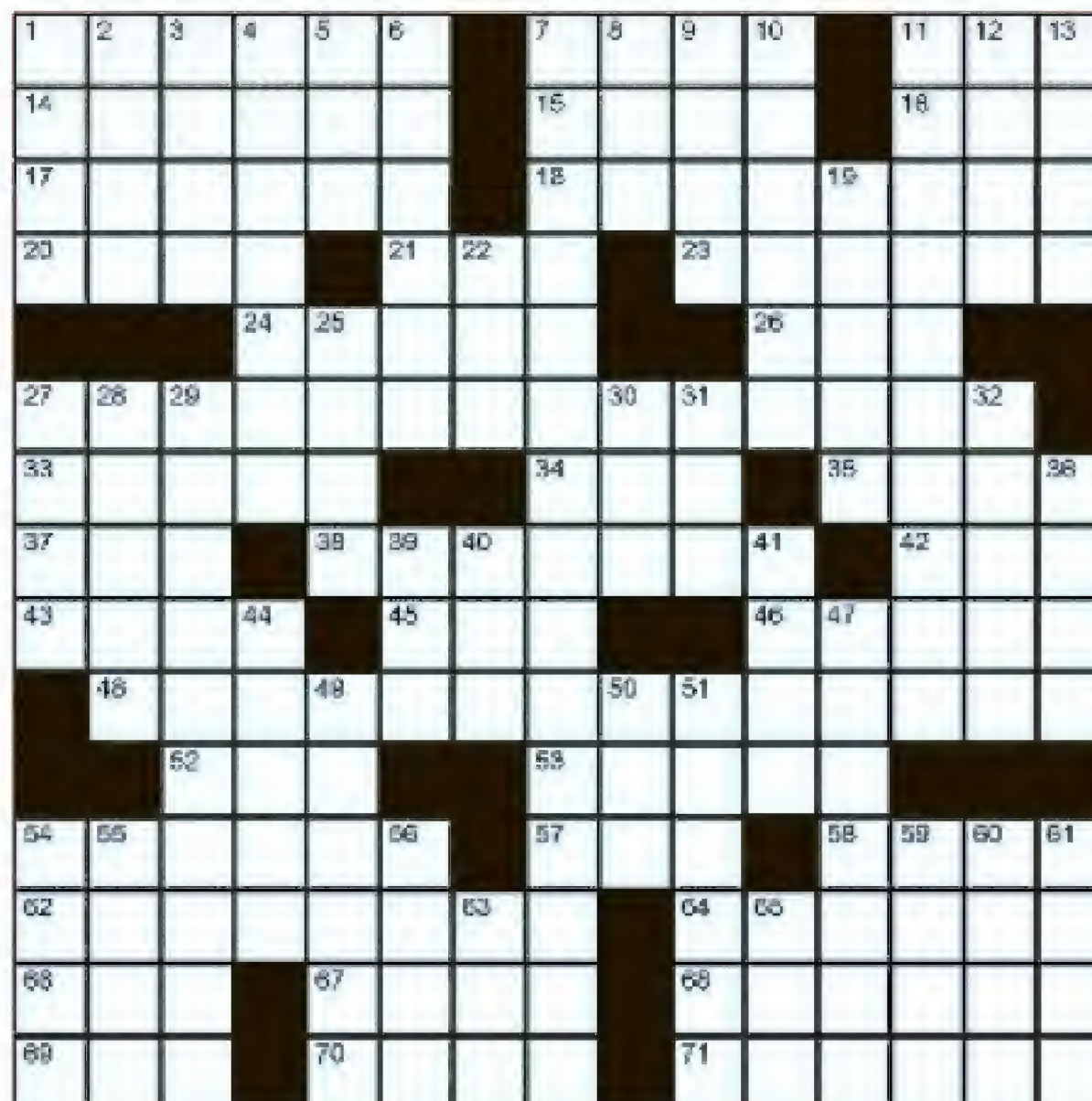
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Apartment lease signer
7. Bewildered stare
11. Isthmus of _ (Malay Peninsula part)
14. "Fancy" rapper Iggy
15. "Is that station on FM ___?" ...wondered the radio listener
16. "Well, _ really."
17. Hat type
18. Bernie Taupin on an Elton John classic
20. Wrapped garment
21. Psychedelic drug
23. B.C.'s _ Valley
24. Smoulder
26. "Ugh!"
27. Creative trends for adults in the world of publishing now: 2 wds.
33. Contracted 'are not'
34. Cute laugh, when doubled
35. Bother/irritate ...in a typo
37. Idled
38. Canadian band with the 1982 hit "Your Daddy Don't Know"
42. Favourer's vote
43. Hgts.
45. " _ darn too-tin'!"
46. Mil. rank: 2 wds.
48. It made headlines in the world of rock in 1970: 2 wds.
52. Time off letters
53. Set of values
54. Mr. Kutcher



57. "Wellll...?"
58. Phone nos.
62. Rather embarrassed
64. Cat who hosts #32-Down
66. Ms. Carrere
67. _-1. "Ghostbusters" (1984) vehicle

68. American inventor Thomas
69. Party-less politician, pun-ly
70. District
71. Lucifer's

DOWN

1. On-people pix

2. Canadian pundit Mr. Levant
3. Reshmi _ CBC journalist
4. Sackville, N.B.'s Mount _ University
5. Omaha's li'l state
6. "Tell It to My Heart" singer Ms. Dayne

7. Populated region around western Lake Ontario as it's known: 2 wds.
8. 'Legend' suffix
9. Golfer's norms
10. Mr. Estevez
11. Bookshelf trinket

12. Santa _ California
13. Office memo abbr.
19. Wintertime drink by the fire
22. Go downhill
25. Producer/songwriter Mr. Lange
27. House: Spanish
28. Teeth care brand
29. Company's stationery
30. Basic category [abbr.]
31. Wager
32. 'SY' of SYTYCD: 2 wds.
36. Kennel cry
39. Olive of cartoons
40. Celebrity chef Ms. Drummond
41. Margarine
44. Health: French
47. Try that food sample: 2 wds.
49. Saint- _ (South of France resort)
50. Randy Bachman's '70s gr.
51. _ Scholar
54. _ Spumante wine
55. Knee-to-ankle midpoint
56. Album of 1967: 'The Velvet Underground & _'
58. Queen in "Frozen" (2013)
60. Mr. Trotsky
61. Thesaurus entries, for short
63. RR depot
65. Writer Ms. LeShan

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Progress arrives through taking chances and rejecting traditional ways of doing things. The more others try to persuade that now is not the time to try something new, the more confident you should be.

Taurus April 21 - May 21
Today you will demand to have your say. Others will be so shocked they might actually listen for a change. If not, don't be afraid to shout!

Gemini May 22 - June 21
Be aware of others' doubts but don't let them influence you too much. Have confidence in yourself, with your ruler Mercury in one of the better areas of your chart you won't lack for self-belief.

Cancer June 22 - July 23
For the next 24 hours, others may not be telling you the truth. It does not matter how good a deal you're being offered, if there is the slightest doubt in your mind you must turn it down.

Leo July 24 - Aug. 23
Don't be too hard on people whose beliefs are different from your own. They are as entitled to their way of thinking, so be tolerant. If that's not possible, just stay out of their way.

Virgo Aug. 24 - Sept. 23
You may not take kindly to outsiders telling you how to do things but perhaps on this occasion you should listen. If they are all saying much the same thing it may be a sign that they are on to something. Think about it.

Libra Sept. 24 - Oct. 23
Mercury in Aquarius is still doing wonders for your confidence. Today, go out of your way to show the world what you can do. Don't let anyone tell you that you are aiming too high.

Scorpio Oct. 24 - Nov. 22
This is an emotional time for you. Be careful not to let little, everyday things get you down. Strive to see the good in your life and in everyone you know. It's still there — it just takes a bit more effort to recognize.

Sagittarius Nov. 23 - Dec. 21
Usually you like to hear both sides of every story but today you will come down strongly in favour of one particular viewpoint. Don't beat about the bush — say your piece.

Capricorn Dec. 22 - Jan. 20
You are under no obligation to be nice to someone but realize that they may be useful to you in the near future, so try to stay on good terms.

Aquarius Jan. 21 - Feb. 19
Anything is possible today but that's not an invitation to ignore common sense and take on a task that is clearly not worth the time and energy that will be required to make it work. Be selective in your enthusiasms.

Pisces Feb. 20 - March 20
Don't give away too much information. Play your cards close to your chest and keep those you work with guessing what your next move might be. The less they know the bigger your personal advantage will be.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

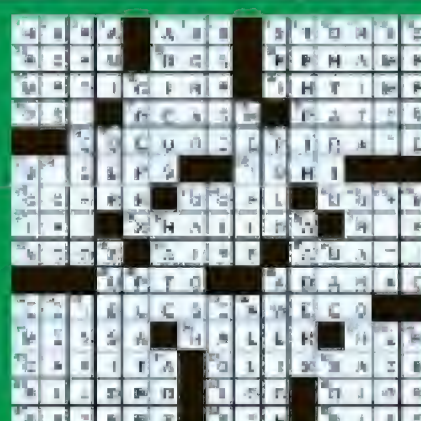


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YESTERDAY'S ANSWERS

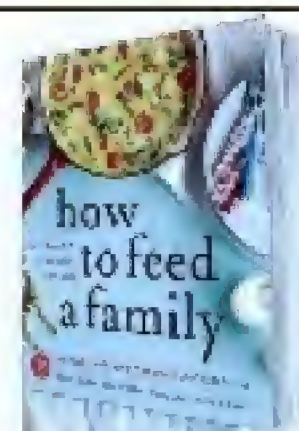
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